Garland County
2009 County Adult Health Survey

BRFSS

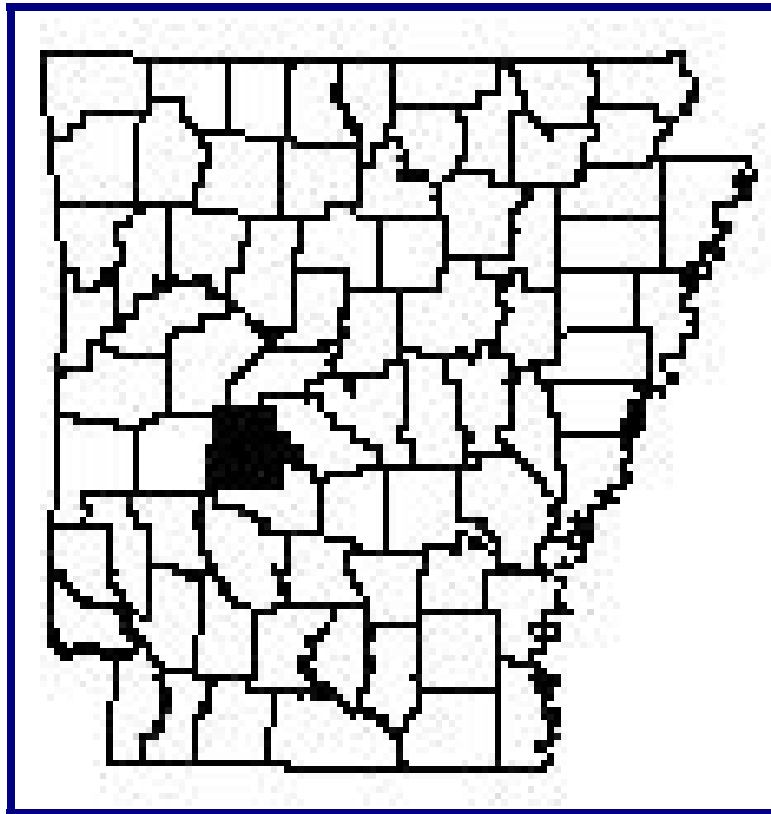|	
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	Health Statistics Branch

Garland County, 2009

County Adult Health Survey

(Based on the Behavioral Risk Factor Surveillance System (BRFSS))

August 2009

For more information about the Garland County
2009 County Adult Health Survey

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Introduction

What is the County Adult Health Survey?

The national focus on improving the health of American citizens has also become a major focus for local communities.[1] As a result, health related data are needed by state, county, and local agencies for developing health-promotion programs and to efficiently target health dollars. The **County Adult Health Survey** is an instrument used by **Hometown Health Improvement** to collect, evaluate, and monitor personal risk behaviors that affect the health of adults in Arkansas communities. The survey uses questions from the **Behavioral Risk Factor Surveillance System** survey (BRFSS), developed by the Centers for Disease Control.[2]

What is Hometown Health Improvement?

Hometown Health Improvement is a grassroots initiative that stresses cooperative action and creative solutions at the local level to identify community health problems and to develop and implement ways to solve them.

This goal is accomplished through cooperation, coalition building, community health assessment, prioritization of health issues, and the development and implementation of health-improving strategies designed and sustained locally.

As part of this initiative, Garland County conducted the County Adult Health Survey using questions from the Behavioral Risk Factor Surveillance System (BRFSS).

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[1] Centers for Disease Control and Prevention. Healthy People 2010. Atlanta, Georgia. http://www.healthypeople.gov

[2] Centers for Disease Control and Prevention. About BRFSS. Atlanta, Georgia. http://www.cdc.gov/nccdphp/brfss/about.htm

What is the BRFSS?

The BRFSS is a survey developed to help states collect and monitor state level information on health conditions and the major risk behaviors that can affect the health of their adults. It was developed in the 1980s by the Centers for Disease Control and Prevention after research indicated that personal health behaviors play an important role in premature death and illness. Primarily, the survey focuses on behaviors that are linked to the leading causes of death (heart disease, cancer, stroke, diabetes and injury) and other important health issues. The specific behaviors included in the survey are the following:

- Not getting enough physical activity
- Being overweight
- Not using seatbelts
- Using tobacco and alcohol
- Not getting preventive medical care (e.g. flu shots, mammograms, Pap smears, colorectal exams) that can save lives.

How is the BRFSS used?

State and local health departments in all 50 states rely heavily on BRFSS data to do the following:

- Determine priority health issues and identify populations at highest risk.
- Develop strategic plans and target prevention programs.
- Monitor the effectiveness of intervention strategies and progress toward prevention goals.
- Educate the public, the health community, and policymakers about disease prevention.
- Support community policies that promote health and prevent disease.

BRFSS information is also used by researchers, voluntary, organizations and professional managed care organizations to target prevention efforts. Recognizing the value of such a system in addressing priority health issues in the coming century; China, Canada, and other countries have looked to CDC for assistance in establishing BRFSS-like systems for their own populations.

The ability to determine which population groups have the greatest health risk factors is essential in effectively targeting scarce prevention resources. BRFSS data can be analyzed by a variety of demographic and economic variables such as age, education, income, and racial and ethnic background, to determine which populations are at highest risk in a community.

How did Garland County conduct the County Adult Health Survey?

During the months April, May and June of 2009, a telephone survey of 894 randomly selected adults in Garland County was conducted. Telephone interviews were carried out and supervised by trained telephone research interviewers at the University of Arkansas at Little Rock's Institute of Government.
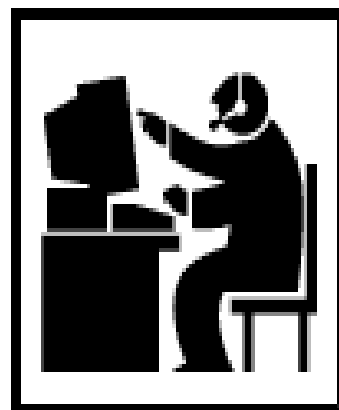
Who participated in the 2009 Garland County Adult Health Survey?

Of the 894 people who were interviewed, 319 were men and 575 were women. The following chart summarizes the demographics of the survey participants as both raw numbers and as weighted data. The raw data is the data collected from the sample of persons interviewed. The weighted data is the collected survey data (raw data) that has been adjusted to represent the population from which the sample was drawn.

Generally, all data presented in the report is based on the **weighted** data. All percentages presented in this report are rounded to the nearest whole percent. However, data presented in the frequency tables in the risk factor section is raw data. The total number of responses (i.e. frequencies) for each question may not add up to the total number of people interviewed as respondents may not provided answers to each question.

Table 1: Survey demographics

Variables	Categories	Raw Data %	Weighted Data (%)
Age (years)	Age 18-39	10	33
	Age 40-64	39	40
	Age 65+	51	27
Education	< HS Education	8	7
	HS Grad	61	64
	College Grad	31	29
Income	Under $20,000	19	17
	$20,000 - $50,000	46	45
	Over $50,000	35	37
Gender	Male	36	47
	Female	64	53

Who participated in the 2009 Garland County Adult Health Survey?
(continued)

Figure 1: Survey demographics, by, age, education, income, and gender

Percent

Category	Raw	Weighted
Age 18-39	10	33
Age 40-64	39	40
Age 65+	51	27
< HS Education	8	7
HS Grad	61	64
College Grad	31	29
Under $20,000	19	17
$20,000 - $50,000	46	45
Over $50,000	35	37
Male	36	47
Female	64	53

■ Raw   □ Weighted
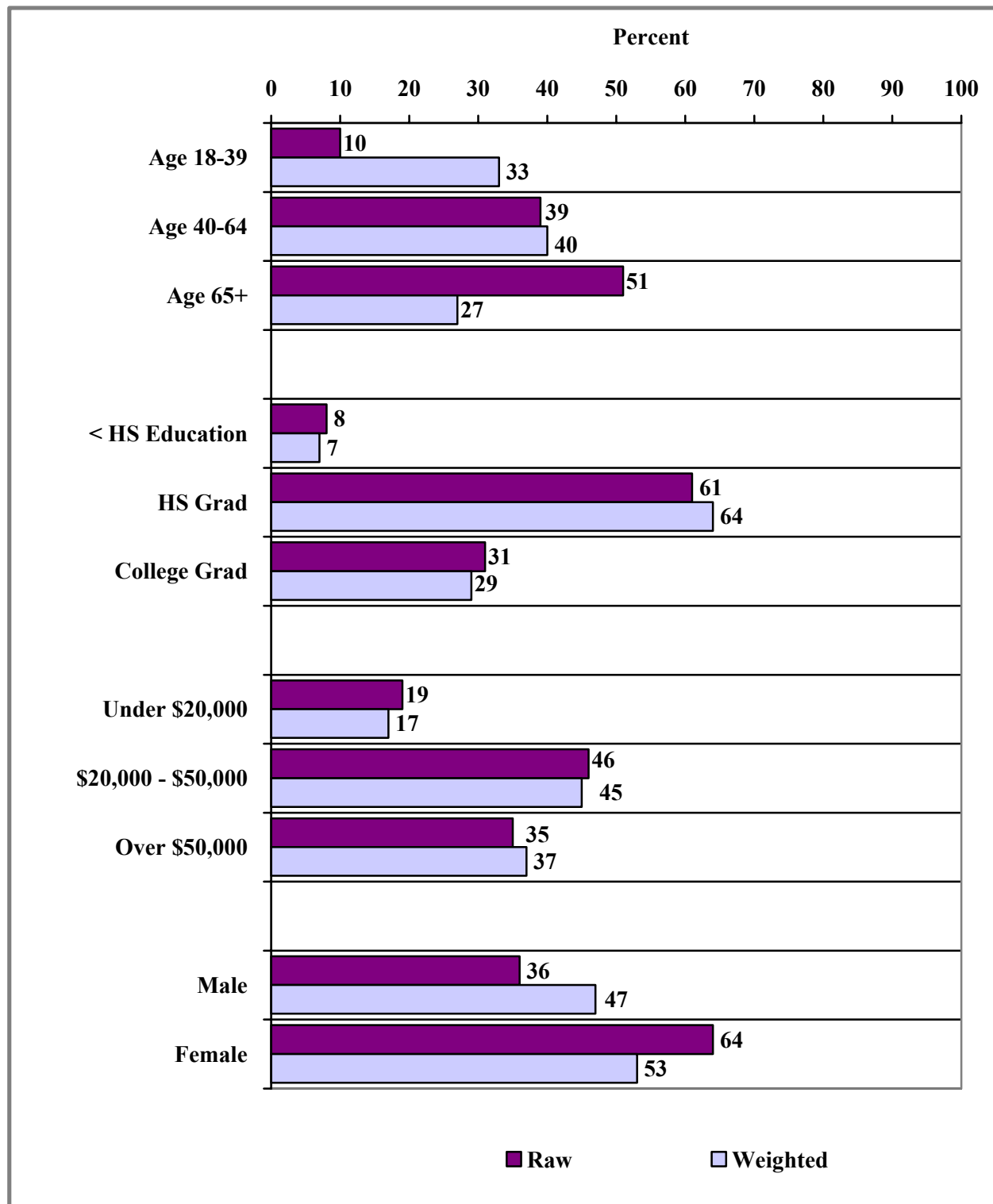
Risk Factors

Health Status

The survey asked respondents to rate their general, physical, and mental health status. Perceived health status is an important indicator of functionality and health-related quality of life. It assesses health issues that are not measured by standard morbidity and mortality data.

General Health

Risk Factor Definition: General health "fair" or "poor"

Question: Would you say that your general health is "excellent," "very good," "good," "fair," or "poor?"

At risk: Those who answered "fair" or "poor" are considered at risk.

Table 1: General health status (overall)

General health	Frequency (n)
Fair, Poor	285
Excellent, Very Good, Good	561

Figure 1: General health status (overall)
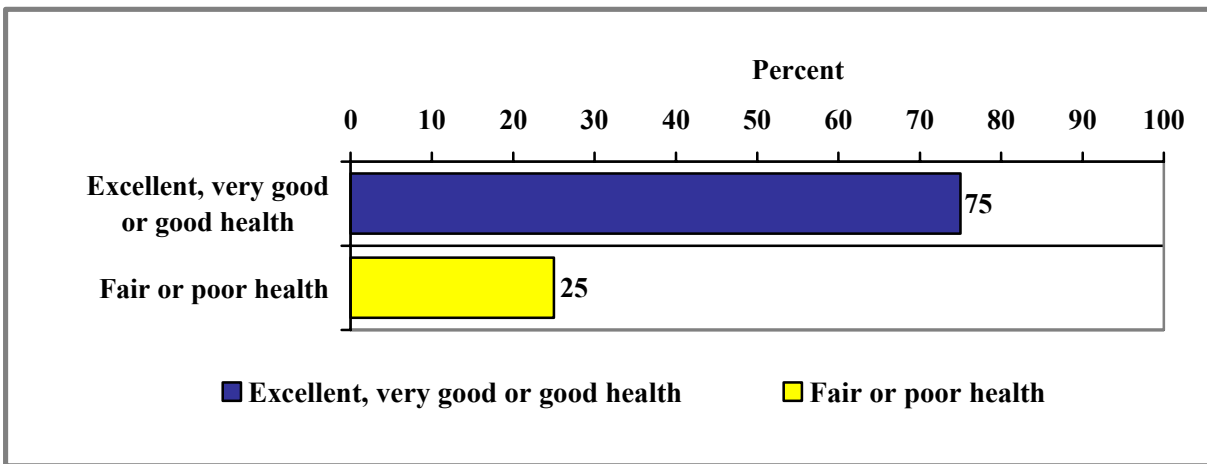
Health Status (continued)

Question: Would you say that your general health is "excellent," "very good," "good," "fair," or "poor?"

Figure 2: General health status (by selected characteristics)

Percent

Characteristic	Excellent, very good or good health	Fair or poor health
Male	74	26
Female	76	24
Age 18-39	86	14
Age 40-64	70	30
Age 65+	70	30
< HS Education	51	49
HS Grad	74	26
College Grad	85	15
Under $20,000	63	37
$20,000 - $50,000	70	30
Over $50,000	87	13

■ Excellent, very good or good health   ☐ Fair or poor health
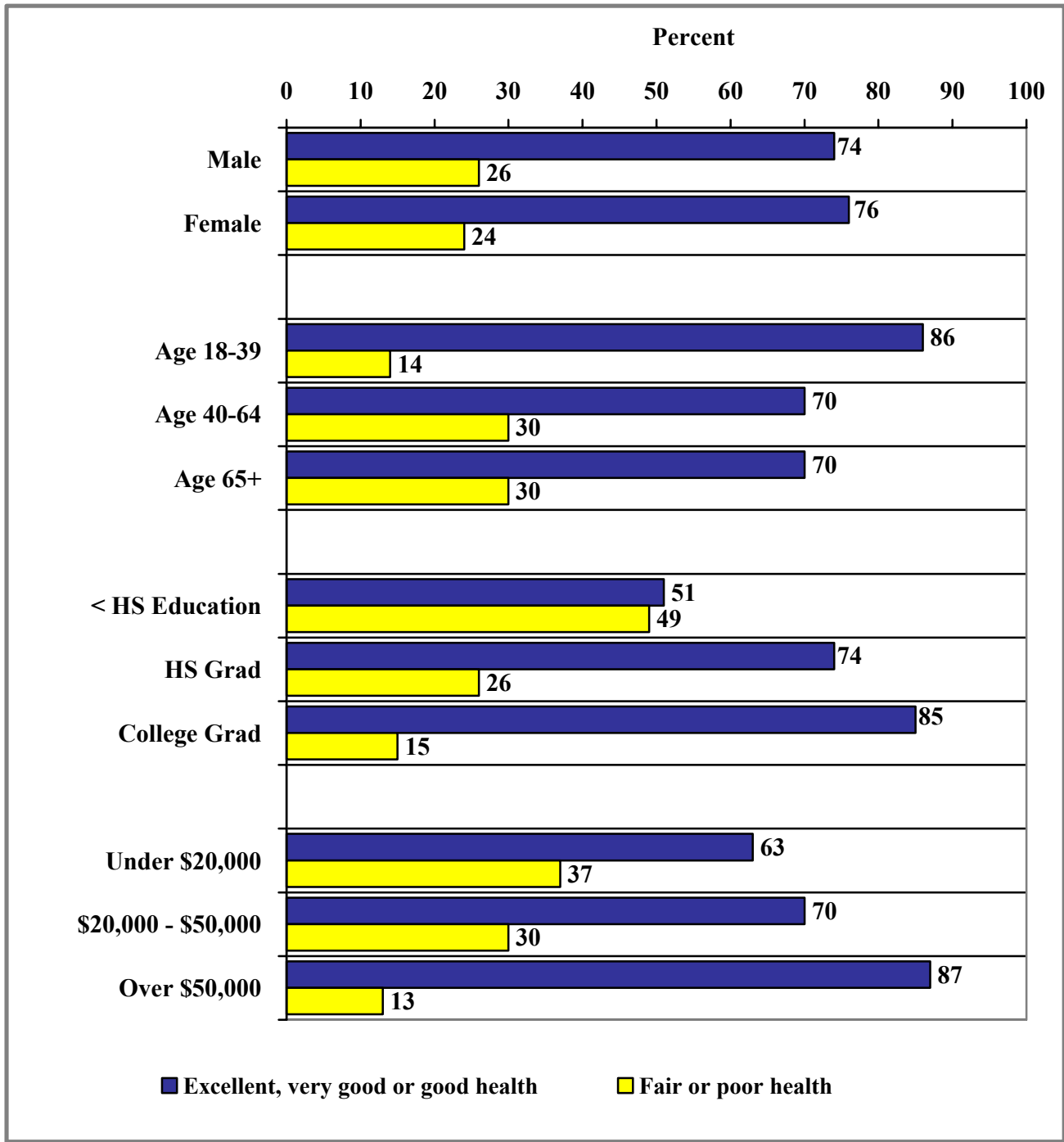
Health Status (continued)

Physical Health

Risk Factor Definition: Physical health "not good"

Question: Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?

At risk: Having one or more self-reported days of "not good" physical health.

Table 2: Physical health status (overall)

Physical health	Frequency (n)
Physical health not good one day or more	387
Physical health good	445

Figure 3: Physical health status (overall)

Health Status (continued)

Question: Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?
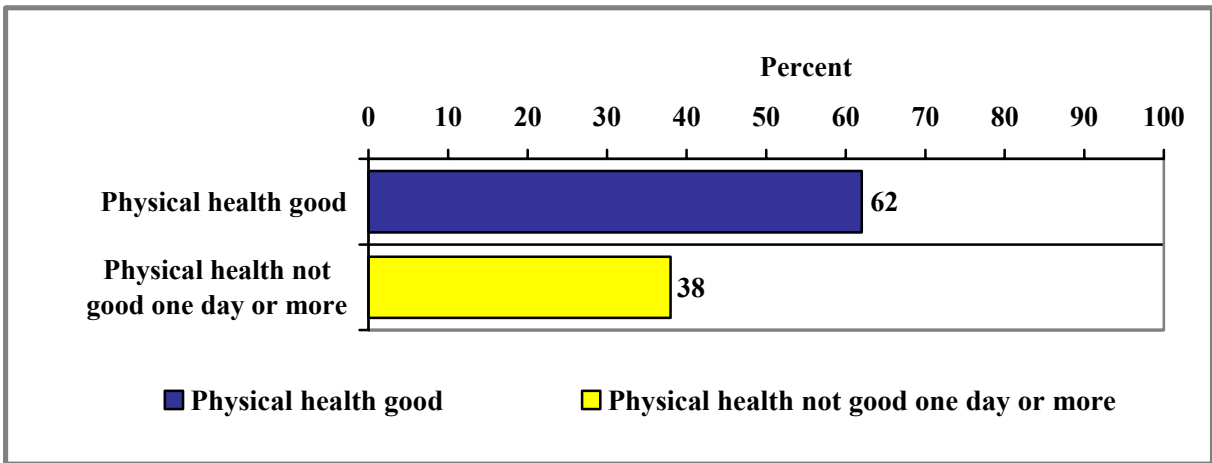
Figure 4: Physical health status (by selected characteristics)

Percent

Characteristic	Physical health good	Physical health not good one day or more
Male	64	36
Female	60	40
Age 18-39	62	38
Age 40-64	64	36
Age 65+	56	44
< HS Education	62	38
HS Grad	61	39
College Grad	61	39
Under $20,000	58	42
$20,000 - $50,000	55	45
Over $50,000	72	28

■ Physical health good   □ Physical health not good one day or more
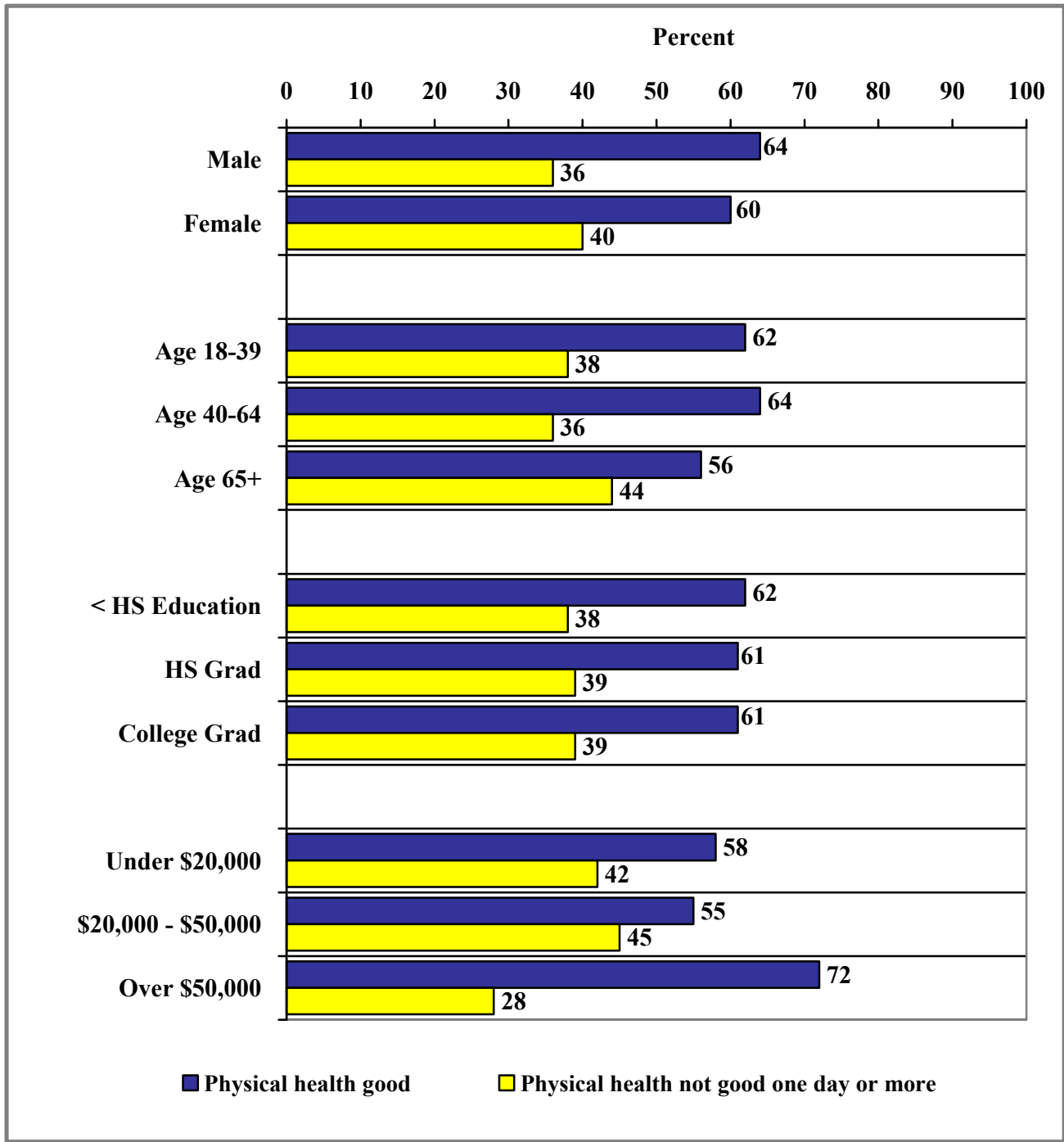
Health Status (continued)

Mental Health

Mental health includes stress, depression, and problems with emotions.

Risk Factor Definition: Mental health "not good"

Question: How many days during the past 30 days was your mental health not good?

At risk: Having one or more self-reported days of "not good" mental health.

Table 3: Mental health status (overall)

Mental health	Frequency (n)
Mental health not good one day or more	275
Mental health good	550

Figure 5: Mental health status (overall)
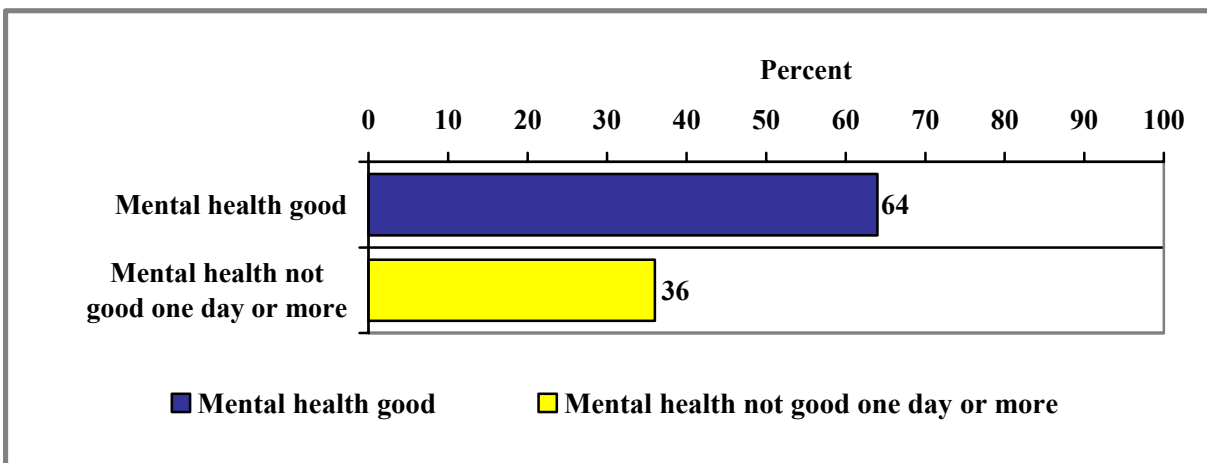
Health Status (continued)

Question: How many days during the past thirty days was your mental health not good?

Figure 6: Mental health status (by selected characteristics)

Percent

Characteristic	Mental health good	Mental health not good one day or more
Male	68	32
Female	59	41
Age 18-39	47	53
Age 40-64	62	38
Age 65+	84	16
< HS Education	66	34
HS Grad	63	37
College Grad	64	36
Under $20,000	44	56
$20,000 - $50,000	62	38
Over $50,000	66	34

■ Mental health good   □ Mental health not good one day or more
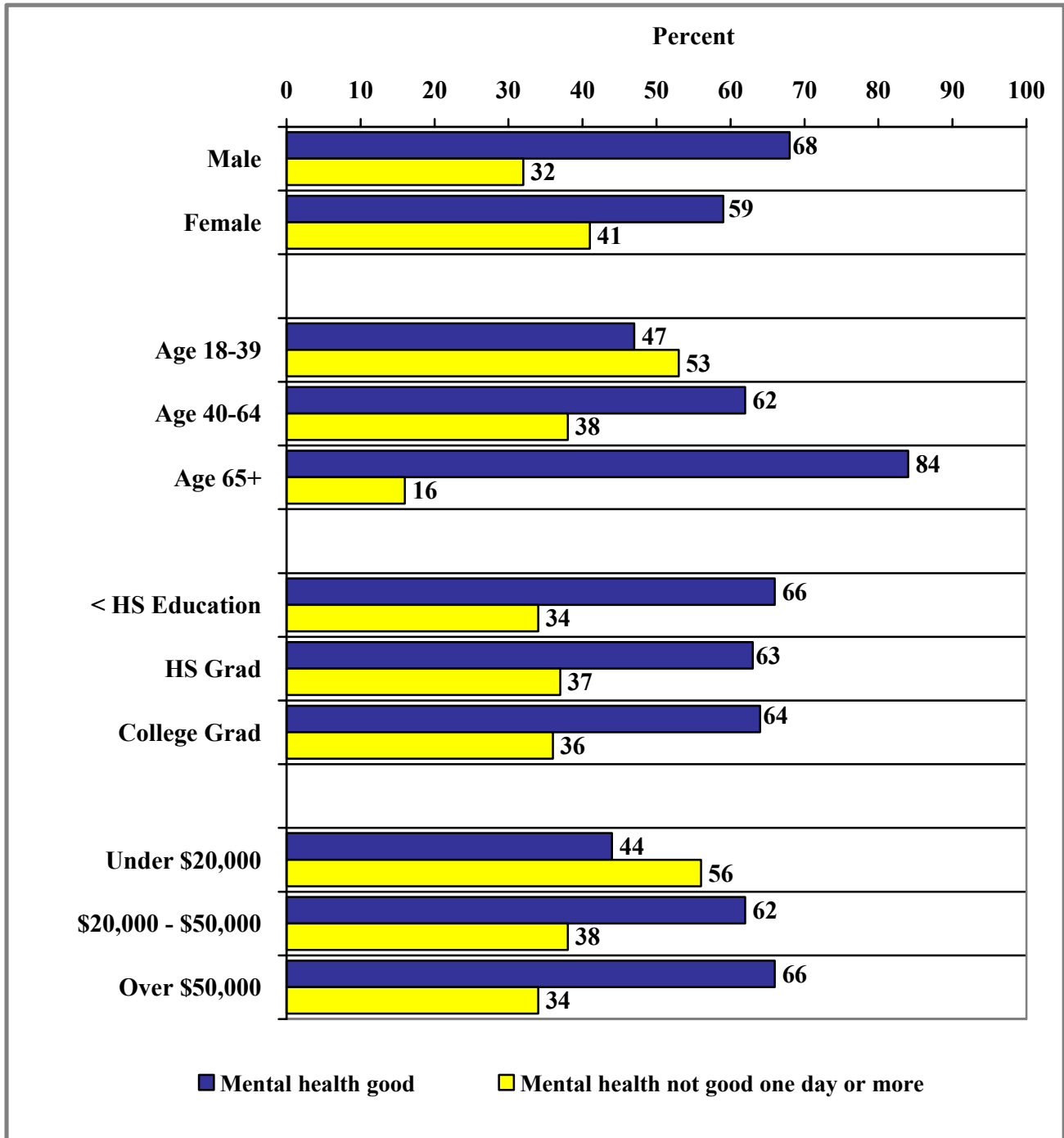
Health Care Access

The survey asked if respondents had health insurance. Health insurance provides better access to health care. Those with health insurance are more likely to have a primary care physician to receive appropriate preventative care.

Risk Factor Definition: No health care coverage

Question: Do you have any kind of health care coverage, including health insurance prepaid plans such as HMOs, or government plans such as Medicare?

At risk: Those who answered "no" are considered at risk.
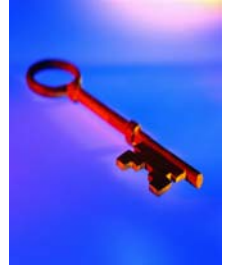
Table 1: Health care coverage (overall)

Health care coverage	Frequency (n)
No health care coverage	131
Health care coverage	706

Figure 1: Health care coverage (overall)
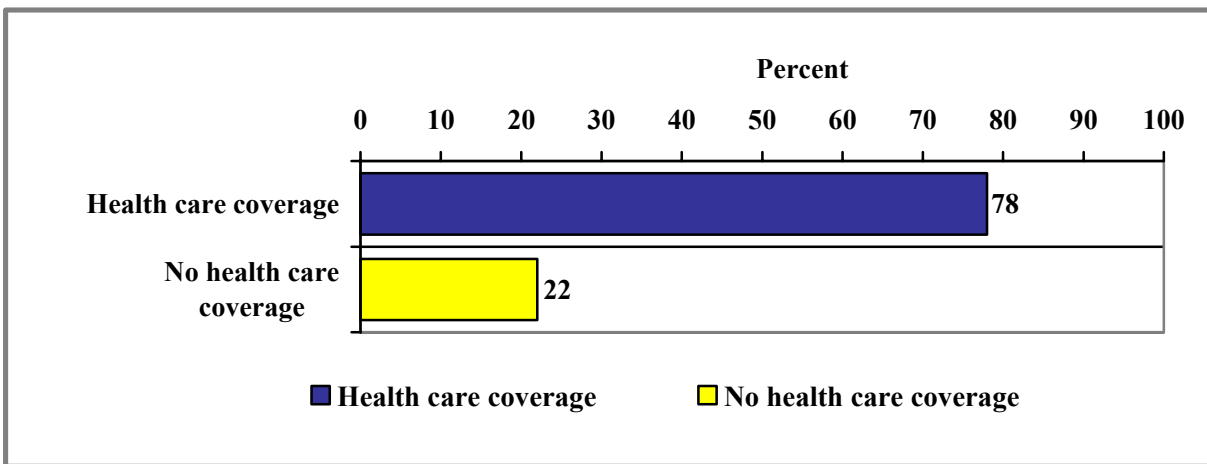
Health Care Access (continued)

Question: Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare?

Figure 2: Health care coverage (by selected characteristics)

Percent

Characteristic	Health care coverage	No health care coverage
Male	72	28
Female	83	17
Age 18-39	57	43
Age 40-64	81	19
Age 65+	98	2
< HS Education	67	33
HS Grad	70	30
College Grad	96	4
Under $20,000	55	45
$20,000 - $50,000	71	29
Over $50,000	93	7

■ Health care coverage   □ No health care coverage
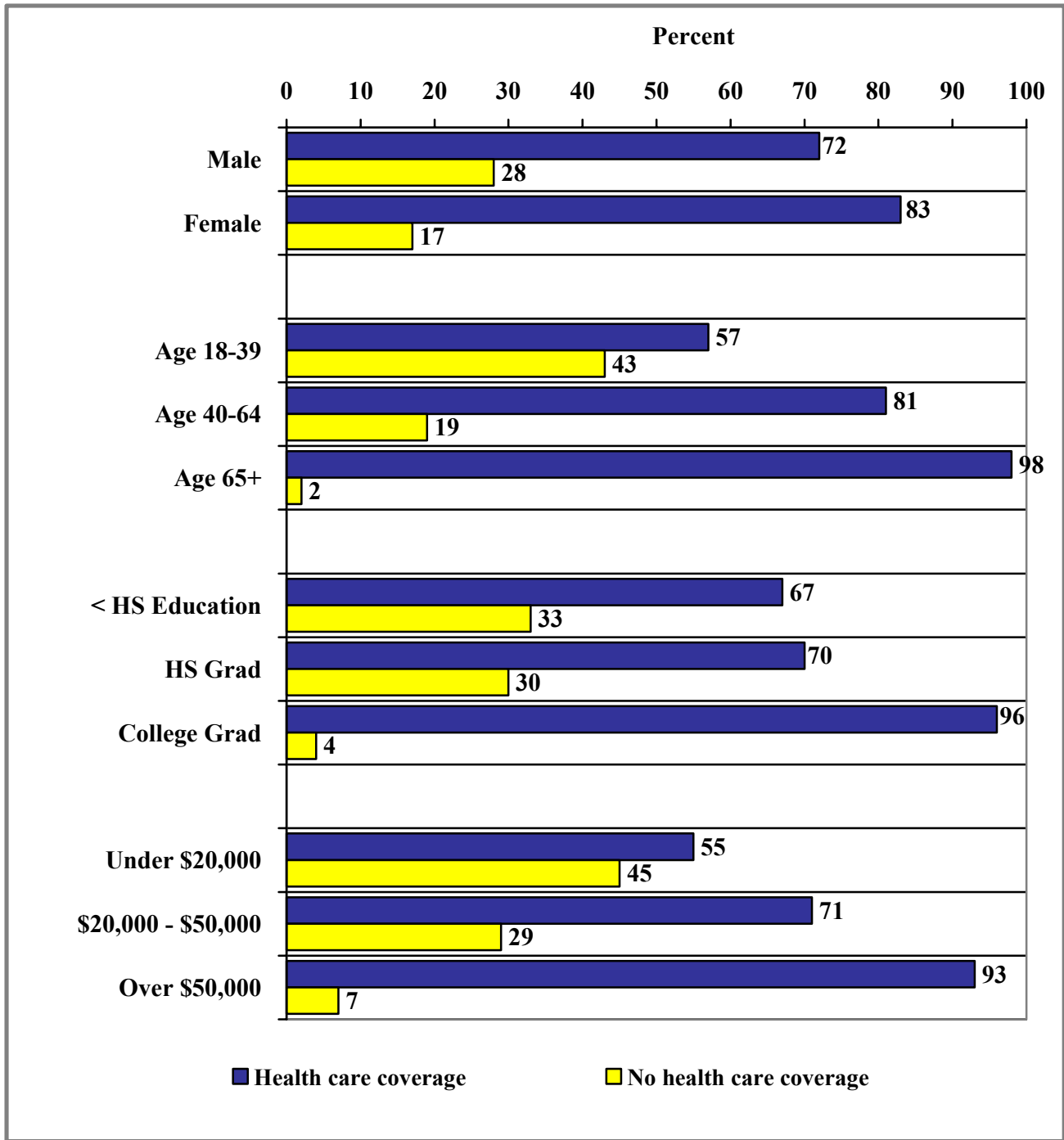
Hypertension

Uncontrolled high blood pressure can lead to stroke, heart attack, heart failure, or kidney failure.

Risk Factor Definition: Have high blood pressure (hypertension)

Question: Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?

At risk: Those who answered "yes" are considered at risk.
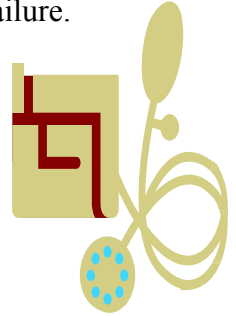
Table 1: High blood pressure (hypertension) (overall)

Hypertension	Frequency (n)
Have high blood pressure	408
No high blood pressure	429

Figure 1: High blood pressure (hypertension) (overall)
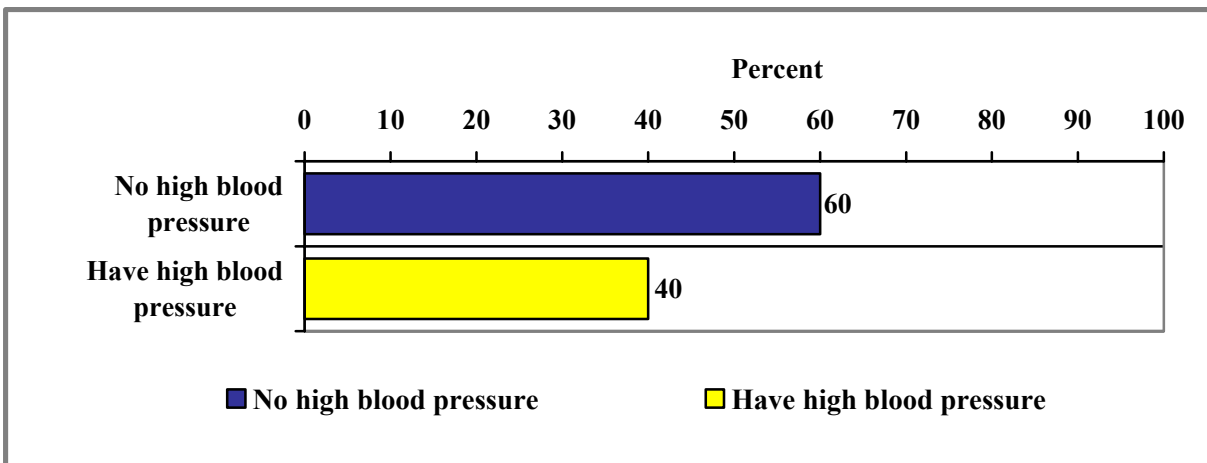
Hypertension (continued)

Question: Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?

Figure 2: High blood pressure (hypertension) (by selected characteristics)

Percent

Characteristic	No high blood pressure	Have high blood pressure
Male	63	37
Female	58	42
Age 18-39	88	12
Age 40-64	53	47
Age 65+	37	63
< HS Education	60	40
HS Grad	63	37
College Grad	55	45
Under $20,000	65	35
$20,000 - $50,000	64	36
Over $50,000	59	41

■ No high blood pressure   □ Have high blood pressure
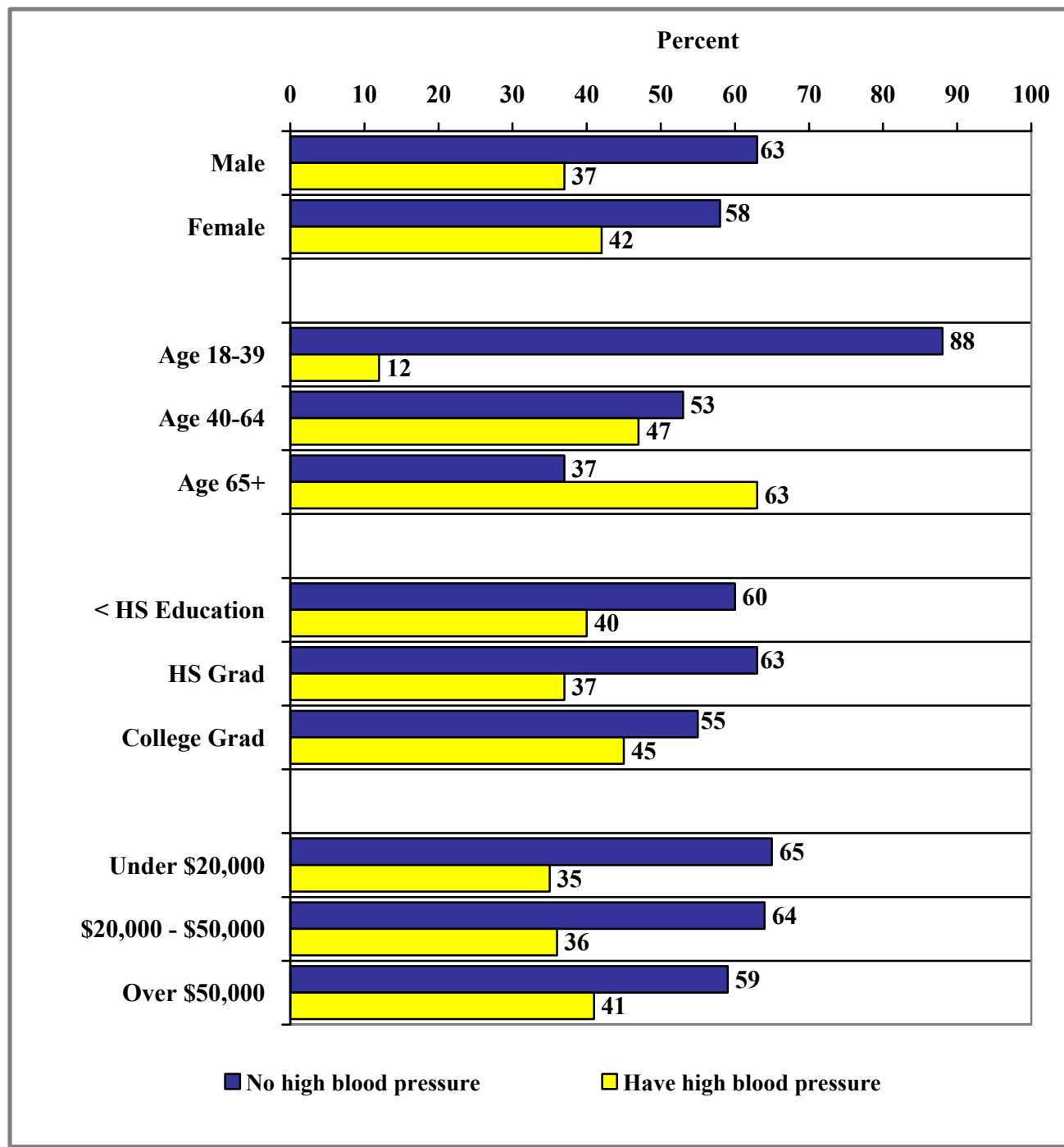
Cholesterol

People with high cholesterol are at a higher risk for heart attack and stroke. Blood cholesterol is a fatty substance found in the blood.

Testing for Cholesterol

<u>Risk Factor Definition: Have not had blood cholesterol checked in past two years</u>

<u>Questions:</u>
1. Have you ever had your blood cholesterol checked?
2. How long has it been since you had your blood cholesterol checked?

<u>At risk:</u> Those who have not had their blood cholesterol checked within the past 2 years are considered at risk.

<u>Table 1:</u> Testing for blood cholesterol (overall)

Testing for cholesterol	Frequency (n)
Blood cholesterol not checked in past two years	148
Blood cholesterol checked in past two years	670

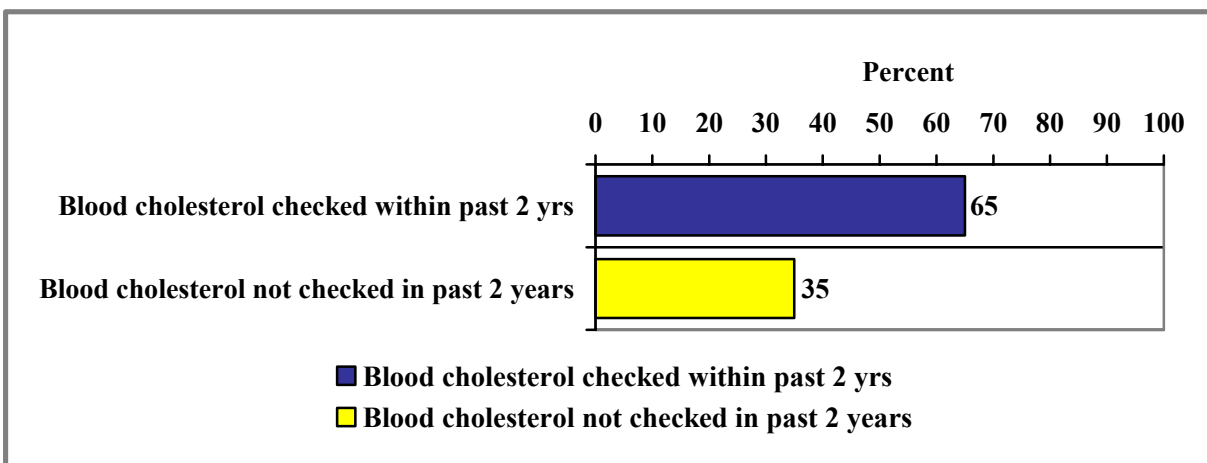<u>Figure 1:</u> Testing for blood cholesterol (overall)

Cholesterol (continued)

Question: Have you ever had your blood cholesterol checked? How long has it been since you had your blood cholesterol checked?

Figure 2: Testing for blood cholesterol (by selected characteristics)

Percent

Characteristic	Blood cholesterol checked within past 2 yrs	Blood cholesterol not checked within past 2 yrs
Male	59	41
Female	71	29
Age 18-39	27	73
Age 40-64	78	22
Age 65+	92	8
< HS Education	63	37
HS Grad	56	44
College Grad	84	16
Under $20,000	56	44
$20,000 - $50,000	58	42
Over $50,000	79	21

■ Blood cholesterol checked within past 2 yrs
□ Blood cholesterol not checked within past 2 yrs
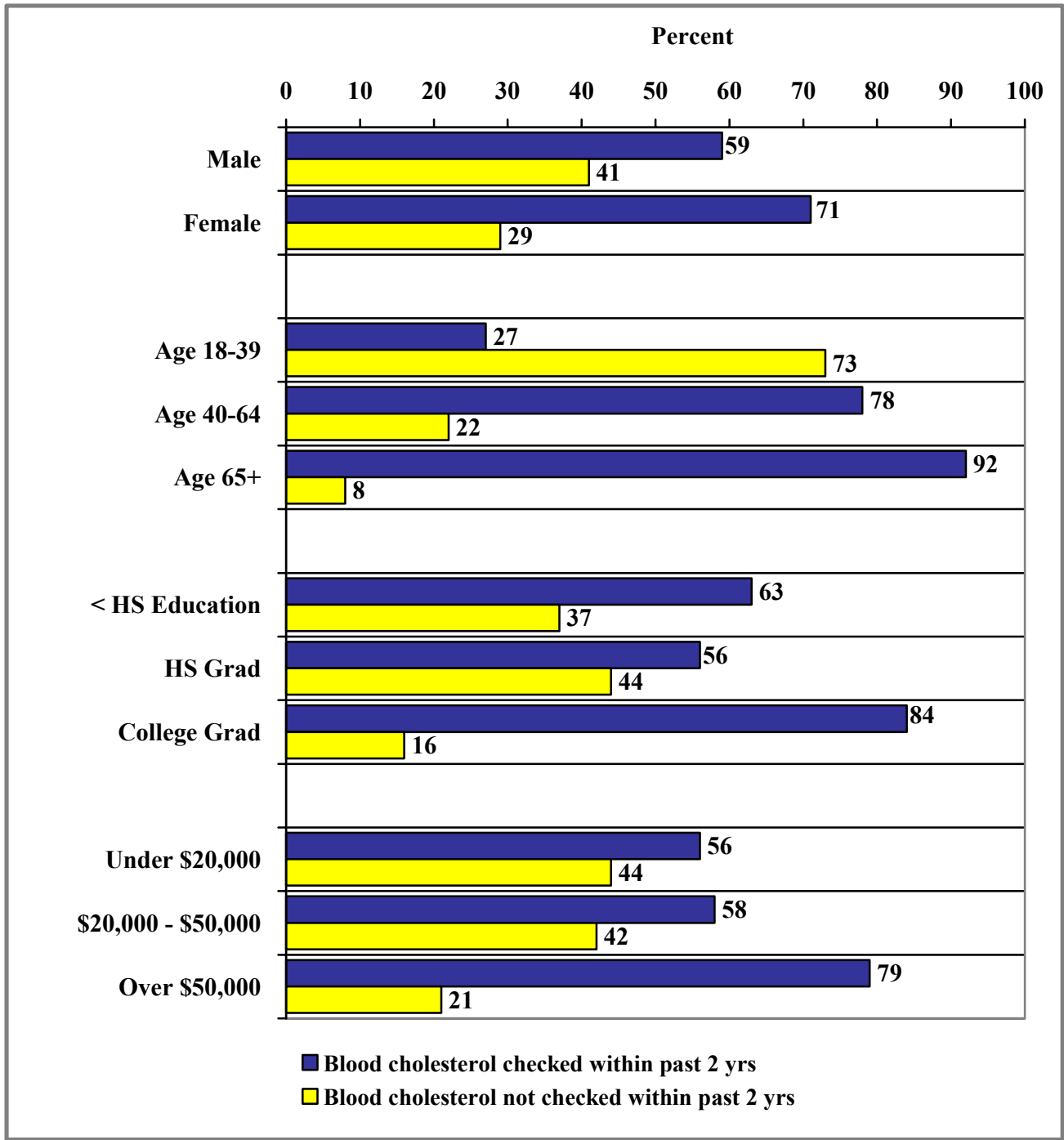
Cholesterol (continued)

Blood Cholesterol Level

Risk Factor Definition: High blood cholesterol level

Question: Have you ever been told by a doctor, nurse, or other health professional that your blood cholesterol is high?

At risk: **Of those who reported that they had had a blood cholesterol test done,** those respondents who answered "yes" are considered at risk.

Table 2: Blood cholesterol level (overall)

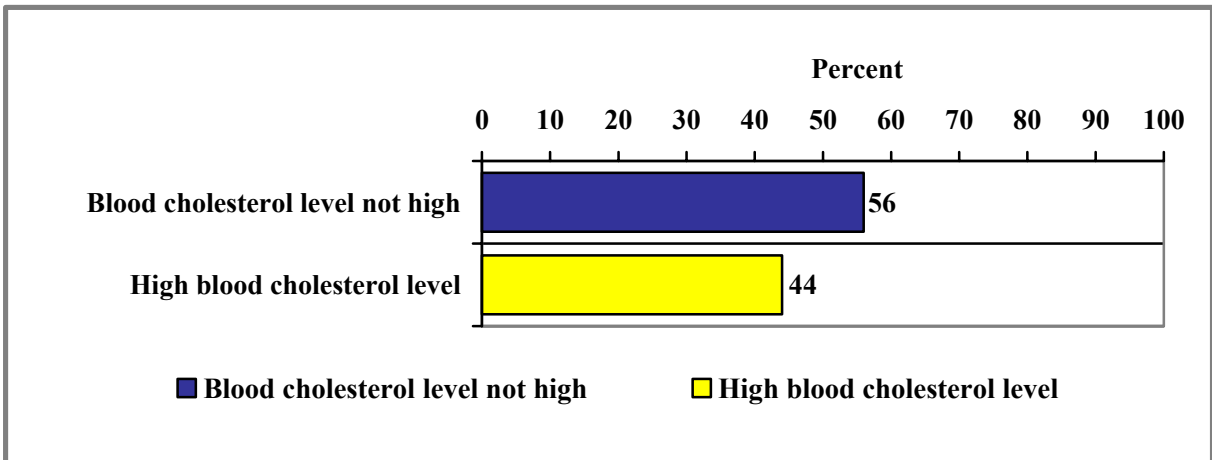| Blood cholesterol level	Frequency (n)
High blood cholesterol	378
Blood cholesterol not high	360

Figure 3: Blood cholesterol level (overall)

Cholesterol (continued)

Question: Have you ever been told by a doctor, nurse, or other health professional that your blood cholesterol is high?

Figure 4: Blood cholesterol level (by selected characteristics)

Percent

Characteristic	Blood cholesterol level not high	High blood cholesterol level
Male	55	45
Female	56	44
Age 18-39	88	12
Age 40-64	52	48
Age 65+	46	54
< HS Education	51	49
HS Grad	56	44
College Grad	55	45
Under $20,000	49	51
$20,000 - $50,000	58	42
Over $50,000	57	43

■ Blood cholesterol level not high   ☐ High blood cholesterol level
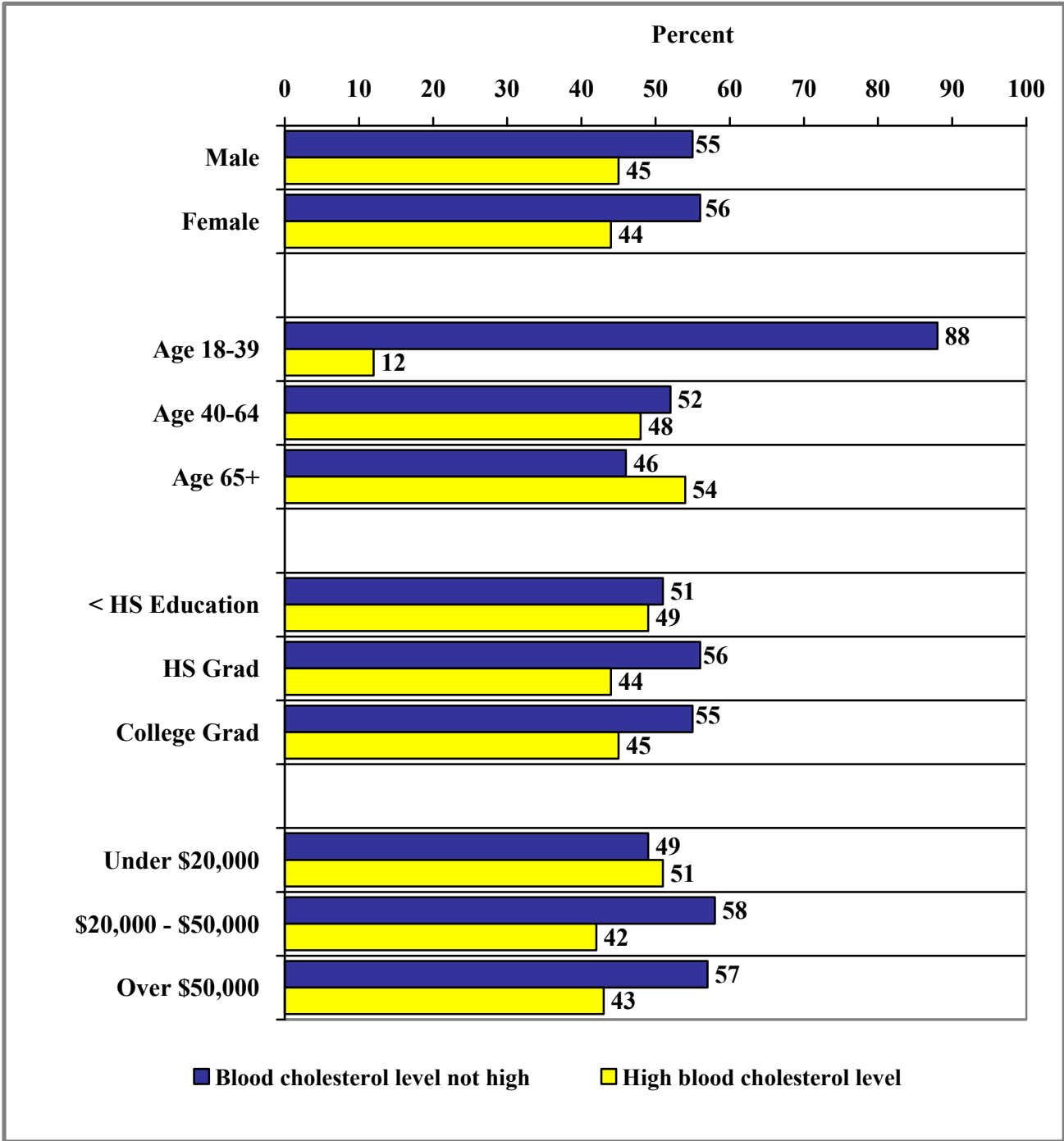
Cardiovascular Disease Prevalence

Myocardial infarction (heart attack)

A heart attack occurs when blood flow to a section of heart muscle becomes blocked. If the flow of blood is not restored quickly, the section of heart muscle becomes damaged from lack of oxygen and begins to die. Heart attack is a leading killer of both men and women in the United States.[3]

Risk Factor Definition: Ever had a myocardial infarction

Question: Has a doctor, nurse, or other health professional ever told you that you had a heart attack, also known as a myocardial infarction?

At risk: Those who answered "yes" are considered at risk.

MedicineNet.com, 2004
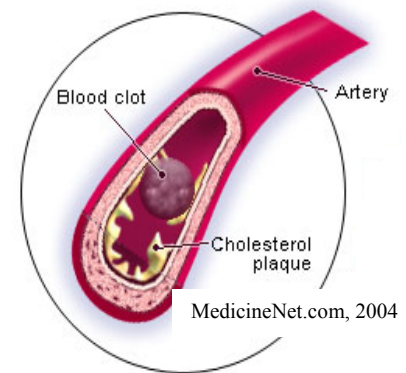
Table 1: Myocardial infarction (heart attack) (overall)

Myocardial infraction	Frequency (n)
Have had myocardial infarction	95
No myocardial infarction	735

Figure 1: Myocardial infarction (heart attack) (overall)

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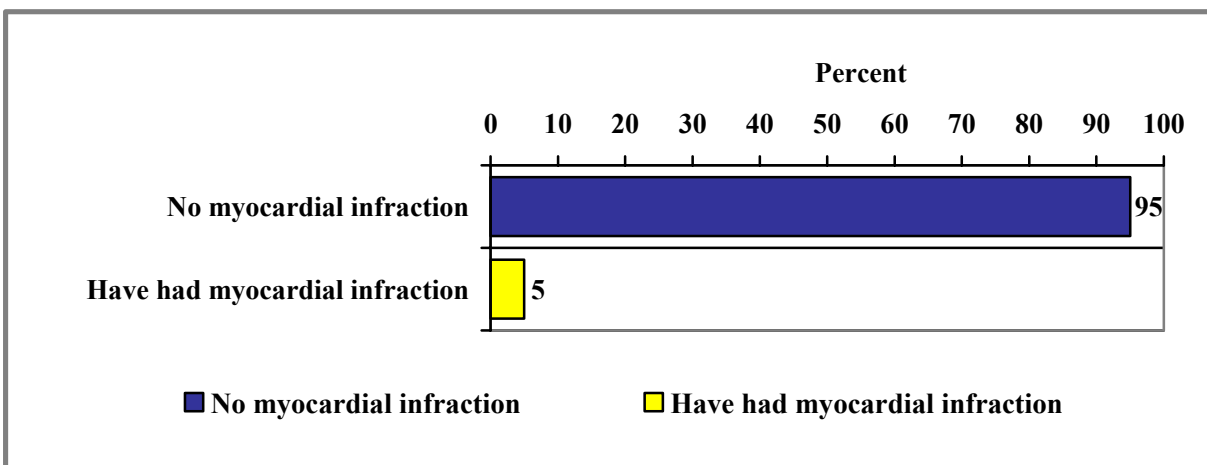
[3] http://www.nhlbi.nih.gov/health/dci/Diseases/HeartAttack/HeartAttack_WhatIs.html

Cardiovascular Disease Prevalence (continued)

Question: Has a doctor, nurse, or other health professional ever told you that you had a heart attack, also known as a myocardial infarction?

Figure 2: Myocardial infarction (heart attack) (by selected characteristics)

Percent

Characteristic	No myocardial infraction	Yes had myocardial fraction
Male	95	5
Female	95	5
Age 18-39	100	0
Age 40-64	97	3
Age 65+	85	15
< HS Education	87	13
HS Grad	95	5
College Grad	96	4
Under $20,000	93	7
$20,000 - $50,000	93	7
Over $50,000	98	2

■ No myocardial infraction   □ Yes had myocardial fraction

Cardiovascular Disease Prevalence (continued)

Angina or coronary heart disease

Angina is chest pain or discomfort that occurs when an area of your heart muscle doesn't get enough oxygen-rich blood. Angina may feel like pressure or squeezing in your chest. Pain also may occur in your shoulders, arms, neck, jaw, or back. It can feel like indigestion. Angina is a symptom of coronary artery disease (CAD), the most common type of heart disease. CAD occurs when a fatty material called plaque builds up on the inner walls of the coronary arteries.[4]
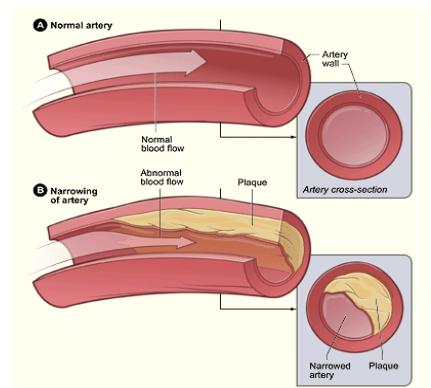
Risk Factor Definition: Ever had angina or coronary heart disease

Question: Has a doctor, nurse, or other health professional ever told you that you had angina or coronary heart disease?

At risk: Those who answered "yes" are considered at risk.

Table 2: Angina or coronary heart disease (overall)

Angina or CHD	Frequency (n)
Have had angina or coronary heart disease	100
No angina or coronary heart disease	722

Figure 3: Angina or coronary heart disease (overall)
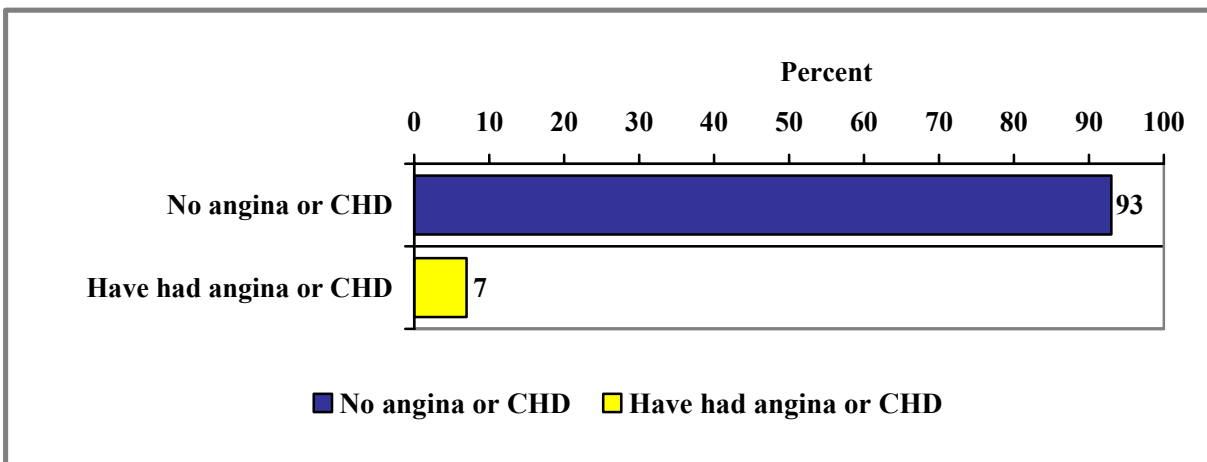
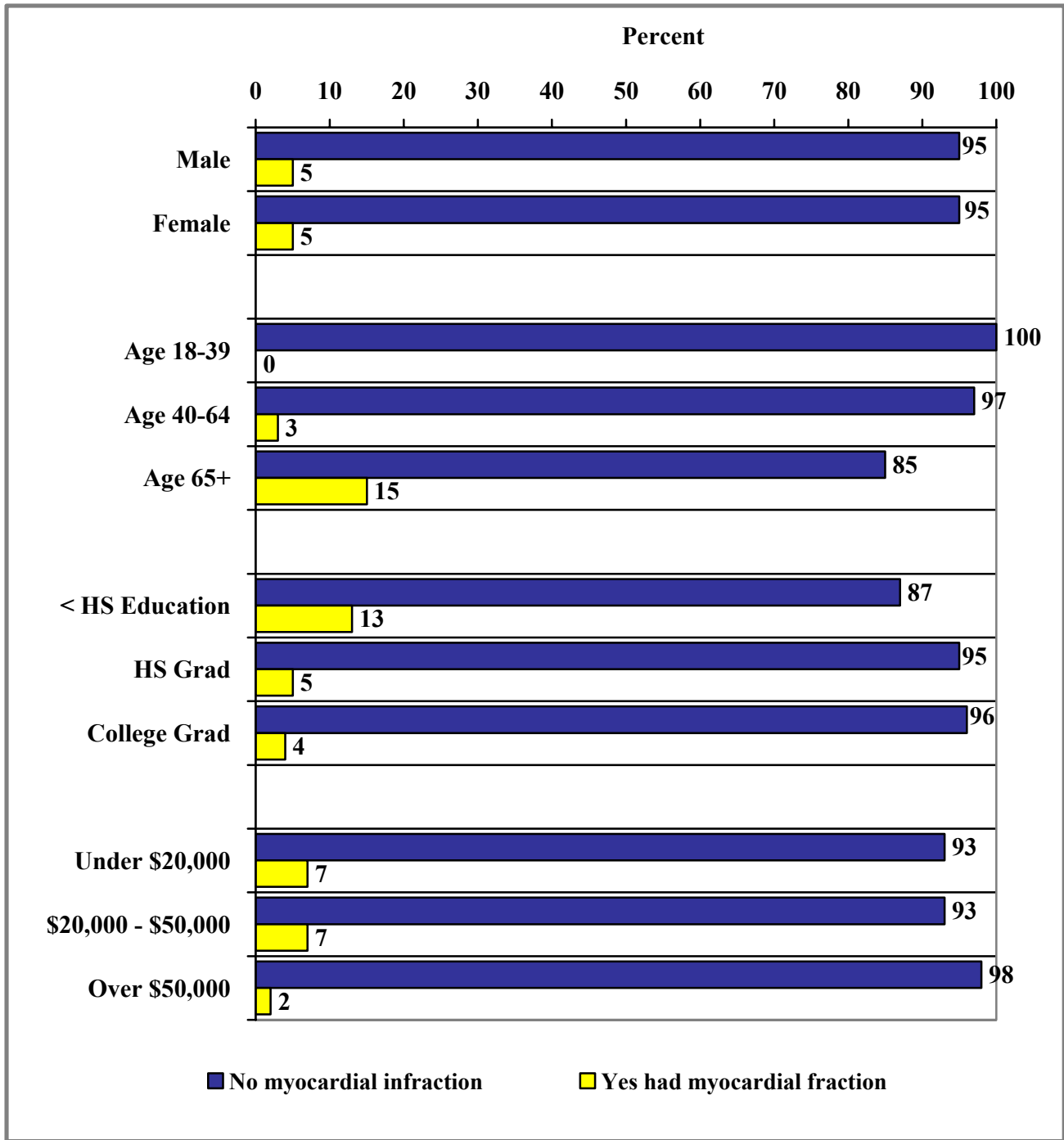[4] http://www.nhlbi.nih.gov/health/dci/Diseases/Angina/Angina_WhatIs.html

Cardiovascular Disease Prevalence (continued)

Question: Has a doctor, nurse, or other health professional ever told you that you had angina or coronary heart disease?

Figure 2: Angina or coronary heart disease (by selected characteristics)

Percent

Characteristic	No angina or CHD	Yes had angina or CHD
Male	93	7
Female	94	6
Age 18-39	100	0
Age 40-64	94	6
Age 65+	84	16
< HS Education	80	20
HS Grad	94	6
College Grad	96	4
Under $20,000	90	10
$20,000 - $50,000	93	7
Over $50,000	96	4

■ No angina or CHD □ Yes had angina or CHD
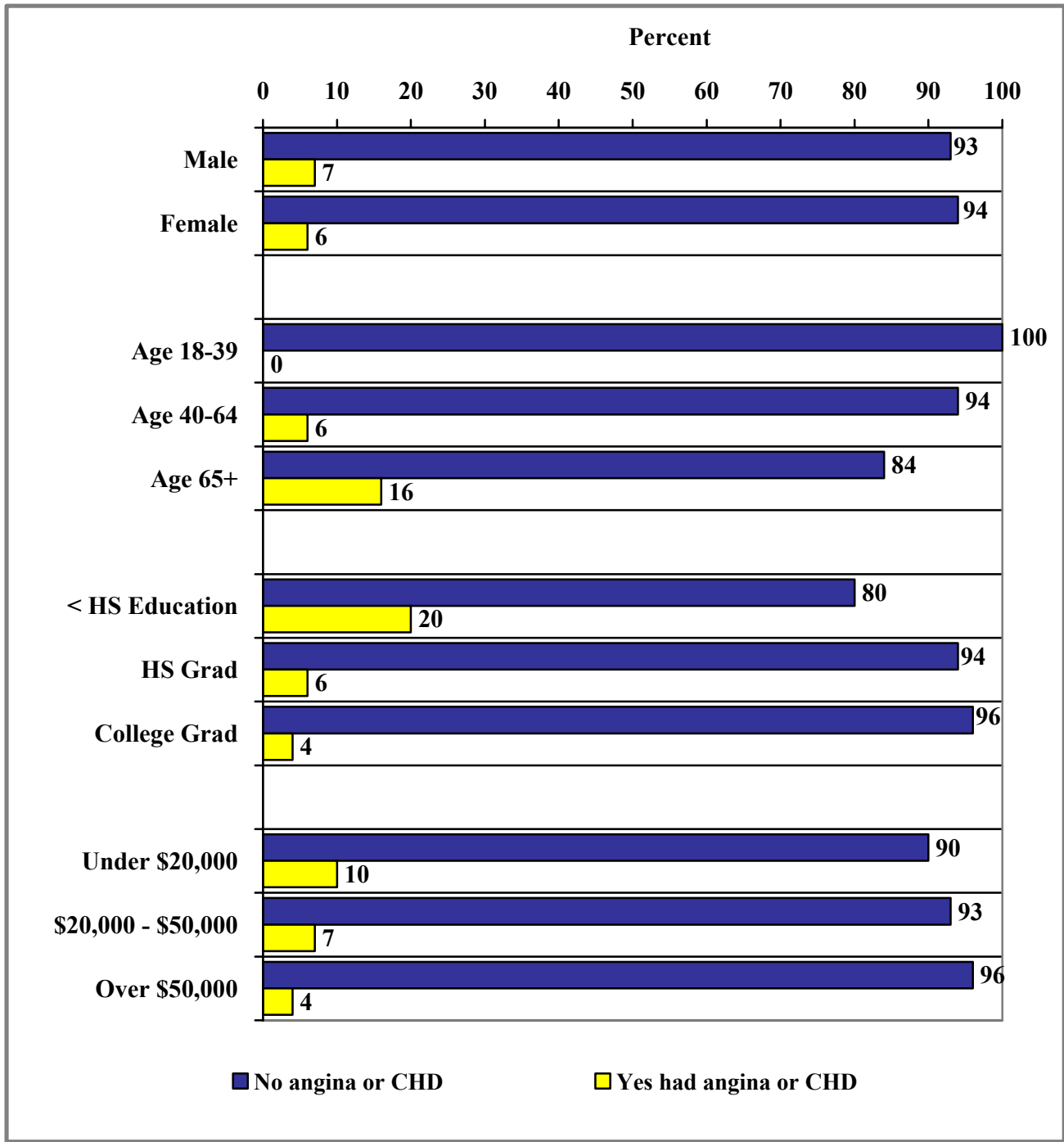
Cardiovascular Disease Prevalence (continued)

Stroke

A stroke is when blood flow to the brain is interrupted. When a stroke occurs, brain cells in the immediate area begin to die because they stop getting the oxygen and nutrients they need to function. There are two major kinds of stroke. The first, called an ischemic stroke, is caused by a blood clot that blocks or plugs a blood vessel or artery in the brain. About 80 percent of all strokes are ischemic. The second, known as a hemorrhagic stroke, is caused by a blood vessel in the brain that breaks and bleeds into the brain.[5]
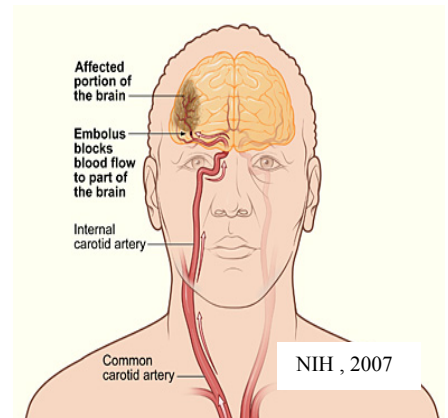
Risk Factor Definition: Ever had a stroke

Question: Has a doctor, nurse, or other health professional ever told you that you had a stroke?

At risk: Those who answered "yes" are considered at risk.

Table 3: Stroke (overall)

Stroke	Frequency (n)
Have had a stroke	70
No stroke	762

Figure 5: Stroke (overall)
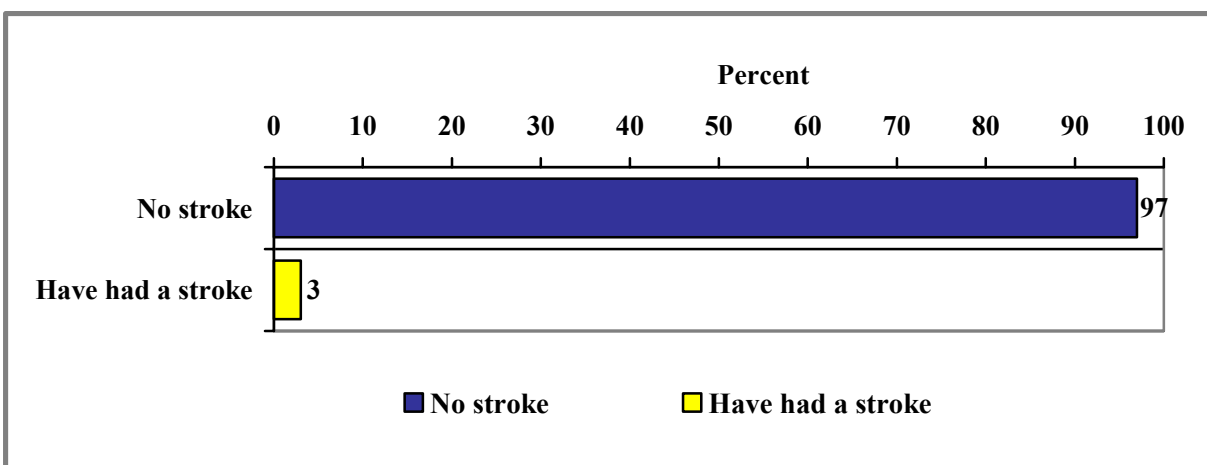
[5] http://www.ninds.nih.gov/disorders/stroke/knowstroke.htm#whatis

Cardiovascular Disease Prevalence (continued)

Question: Has a doctor, nurse, or other health professional ever told you that you had a stroke?

Figure 6: Stroke (by selected characteristics)

Percent

	No stroke	Yes had stroke
Male	97	3
Female	97	3
Age 18-39	100	0
Age 40-64	98	2
Age 65+	91	9
< HS Education	93	7
HS Grad	97	3
College Grad	97	3
Under $20,000	96	4
$20,000 - $50,000	97	3
Over $50,000	97	3

■ No stroke   □ Yes had stroke
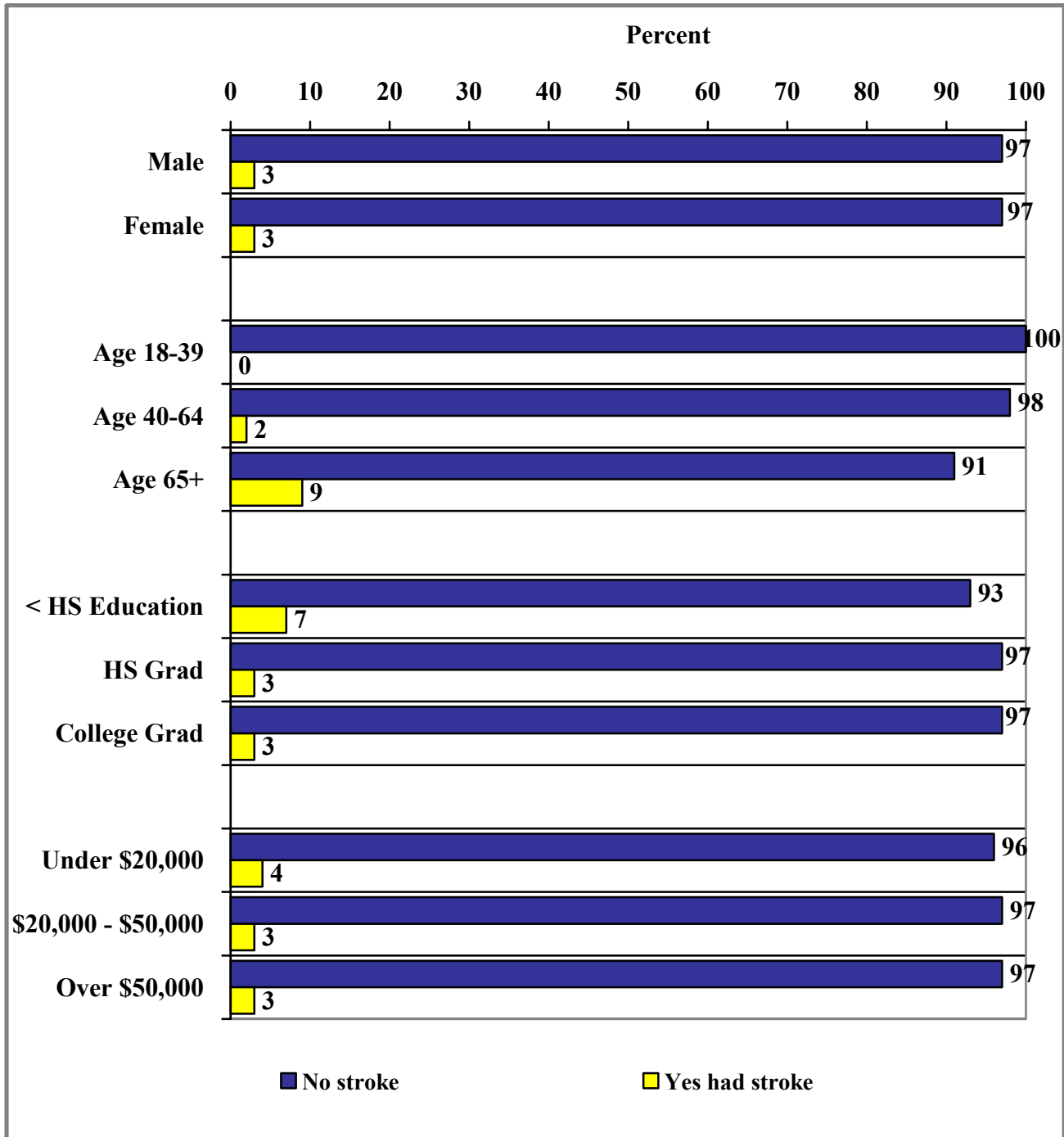
Asthma

Asthma is a chronic inflammatory disease of the airways that is characterized by wheezing, breathlessness, chest tightness, and coughing. Asthma is a serious and growing health problem. Severe asthma attacks often result in hospitalizations or emergency department visits.

Risk Factor Definition: Ever had asthma

Question: Have you ever been told by a doctor, nurse, or other health professional that you had asthma?

At risk: Those who said "yes" are considered at risk.

Table 1: Asthma (overall)

Asthma	Frequency (n)
Ever had asthma	94
No asthma	744

Figure 1: Asthma (overall)
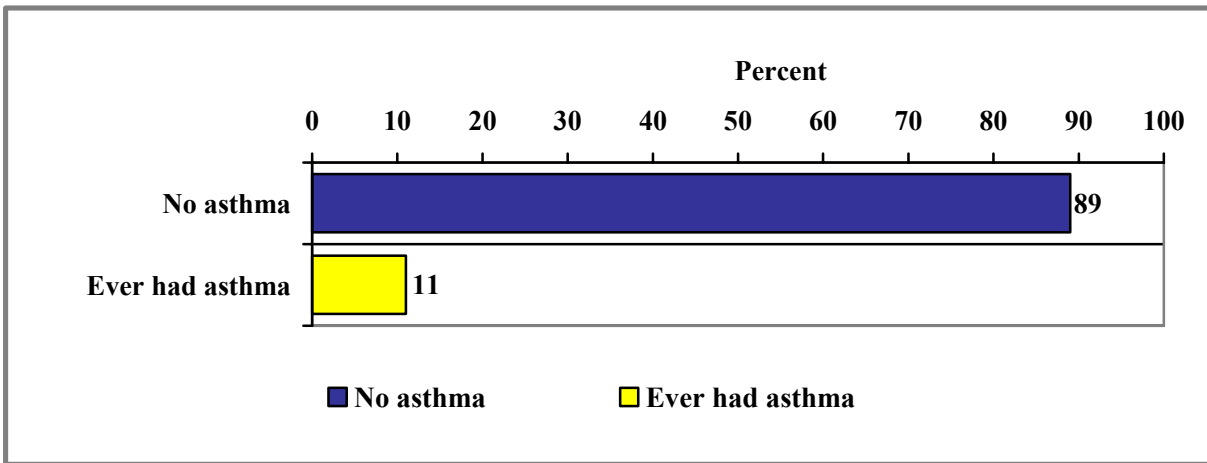
Asthma (continued)

Question: **Have you ever been told by a doctor, nurse, or other health professional that you had asthma?**

<u>Figure 2:</u> Asthma (by selected characteristics)
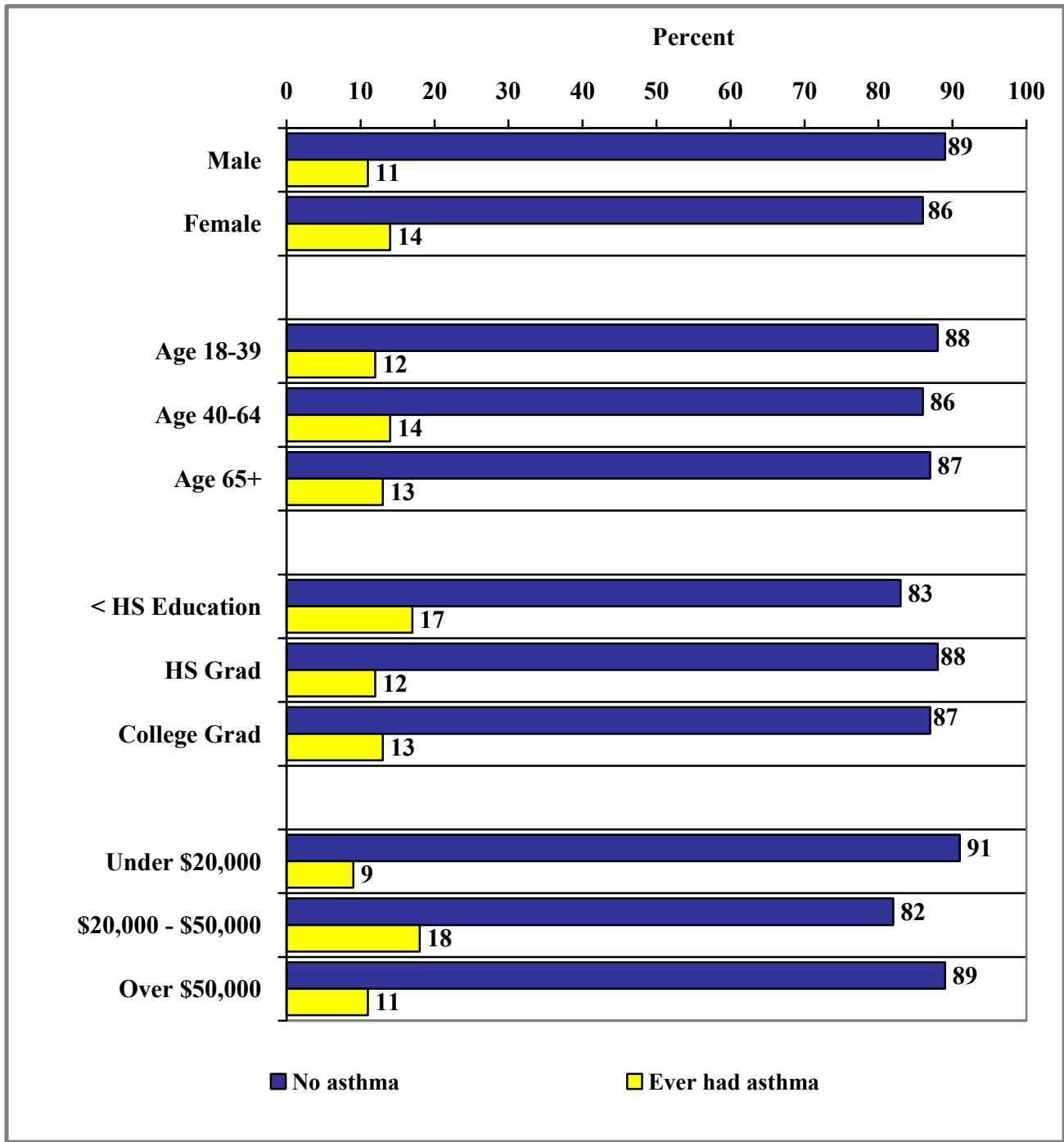
Diabetes

Diabetes is a disease in which blood glucose levels are above normal. Diabetes can cause serious health complications including heart disease, blindness, kidney failure, and lower-extremity amputation.

Risk Factor Definition: Have diabetes

Question: Have you ever been told by a doctor that you have diabetes?

At risk: Those who answered "yes" are considered at risk.

Table 1: Diabetes (overall)

Diabetes	Frequency (n)
Ever had diabetes	125
No diabetes	711

Figure 1: Diabetes (overall)
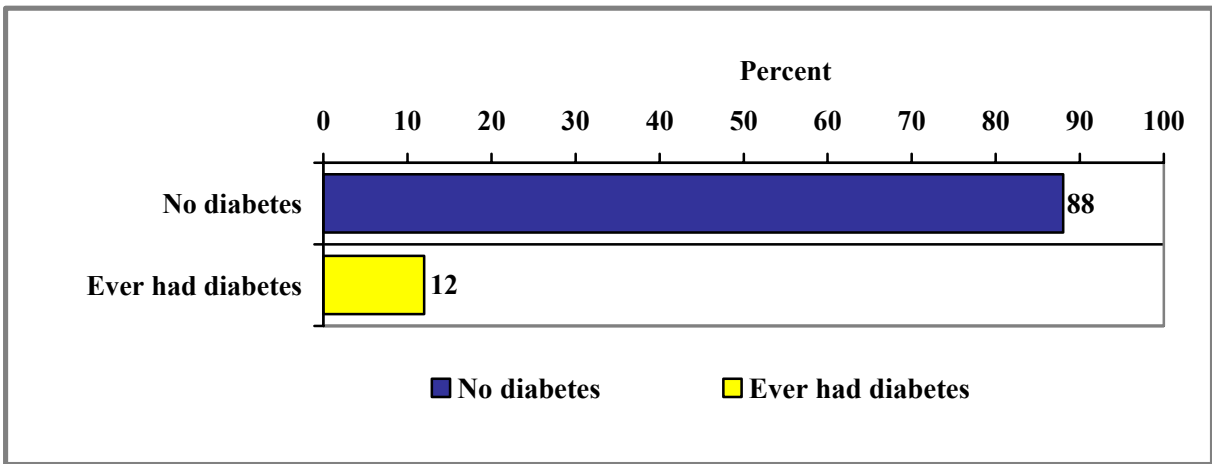
Diabetes (continued)

Question: Have you ever been told by a doctor that you have diabetes?

Figure 2: Diabetes (by selected characteristics)

Percent

Characteristic	No diabetes	Ever had diabetes
Male	87	13
Female	88	12
Age 18-39	98	2
Age 40-64	82	18
Age 65+	83	17
< HS Education	82	18
HS Grad	90	10
College Grad	83	17
Under $20,000	85	15
$20,000 - $50,000	90	10
Over $50,000	87	13

■ No diabetes　　　□ Ever had diabetes
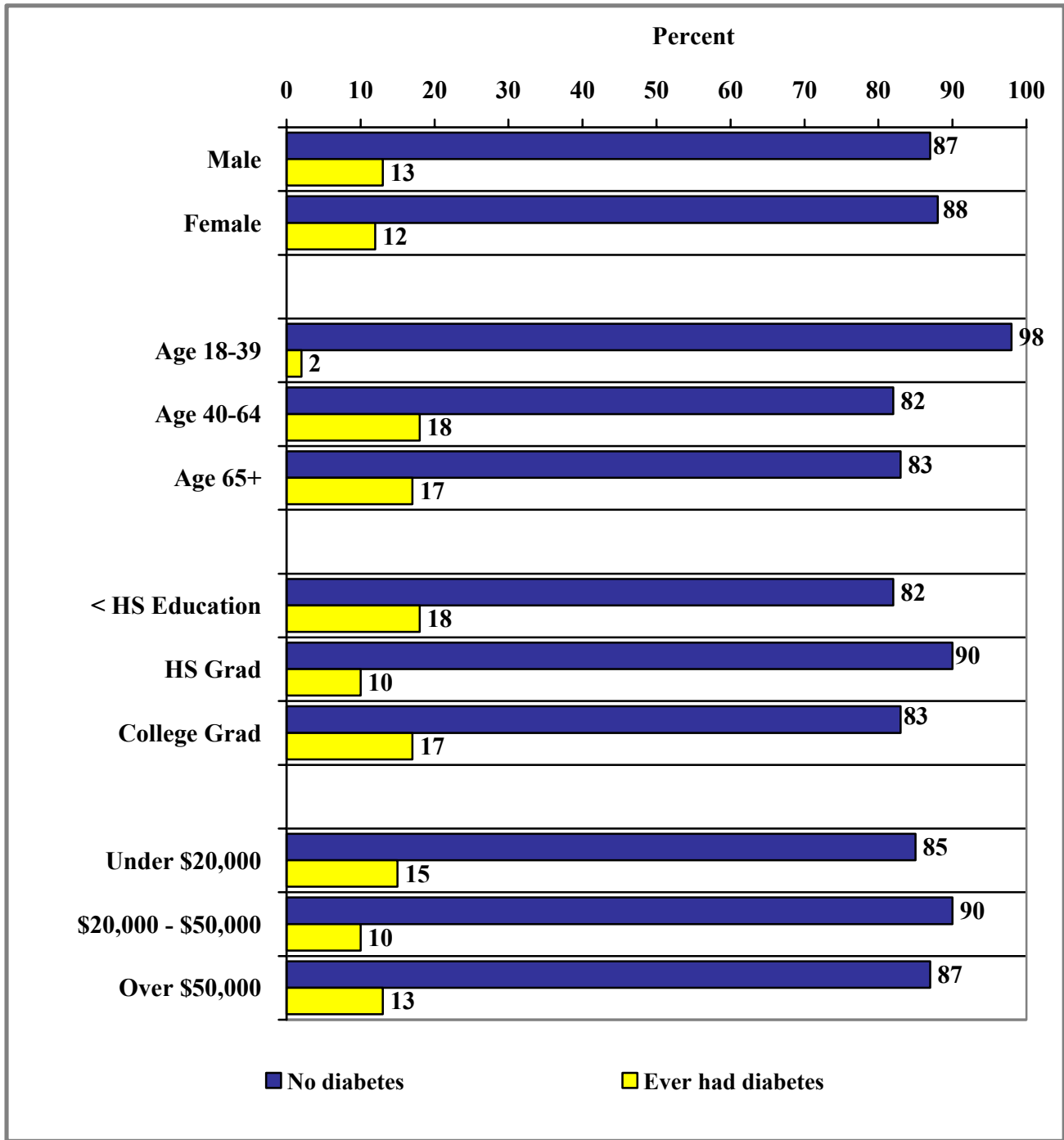
Arthritis

Arthritis is the leading cause of disability in the nation. Arthritis limits everyday activities and adversely affects physical and mental health. The term arthritis encompasses over 100 different conditions affecting the joints and muscles.

Diagnosed with Arthritis

Risk Factor Definition: Ever had arthritis

Question: Have you ever been told by a doctor that you have arthritis?

At risk: Those who answered "yes" are considered at risk.

Table 1: Arthritis (overall)

Arthritis	Frequency (n)
Ever had arthritis	377
No arthritis	460

Figure 1: Arthritis (overall)
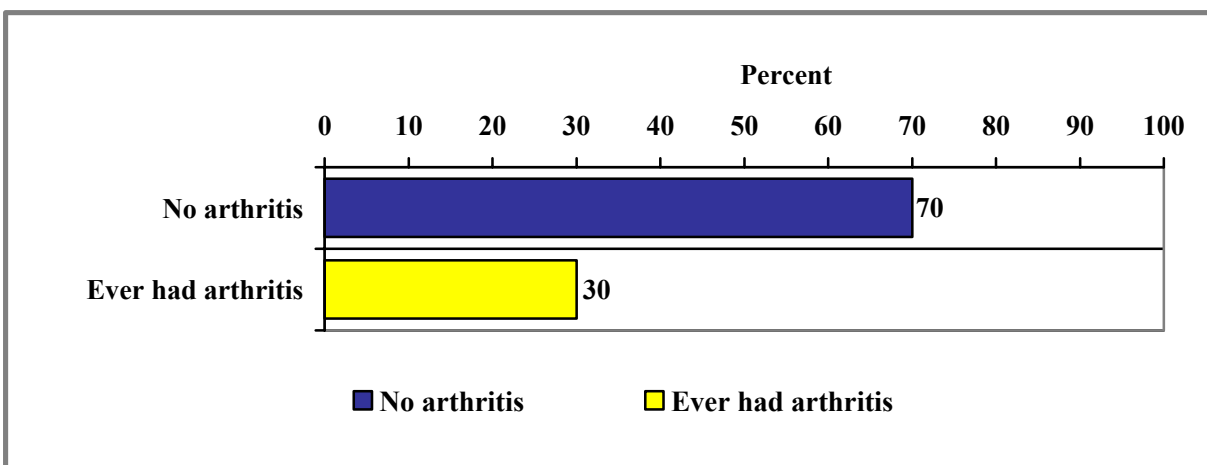
Arthritis (continued)

Question: Have you ever been told by a doctor that you have arthritis?

Figure 2: Arthritis (by selected characteristics)

Percent

Characteristic	No arthritis	Ever had arthritis
Male	75	25
Female	65	35
Age 18-39	86	14
Age 40-64	72	28
Age 65+	47	53
< HS Education	60	40
HS Grad	70	30
College Grad	72	28
Under $20,000	56	44
$20,000 - $50,000	70	30
Over $50,000	77	23

■ No arthritis   □ Ever had arthritis
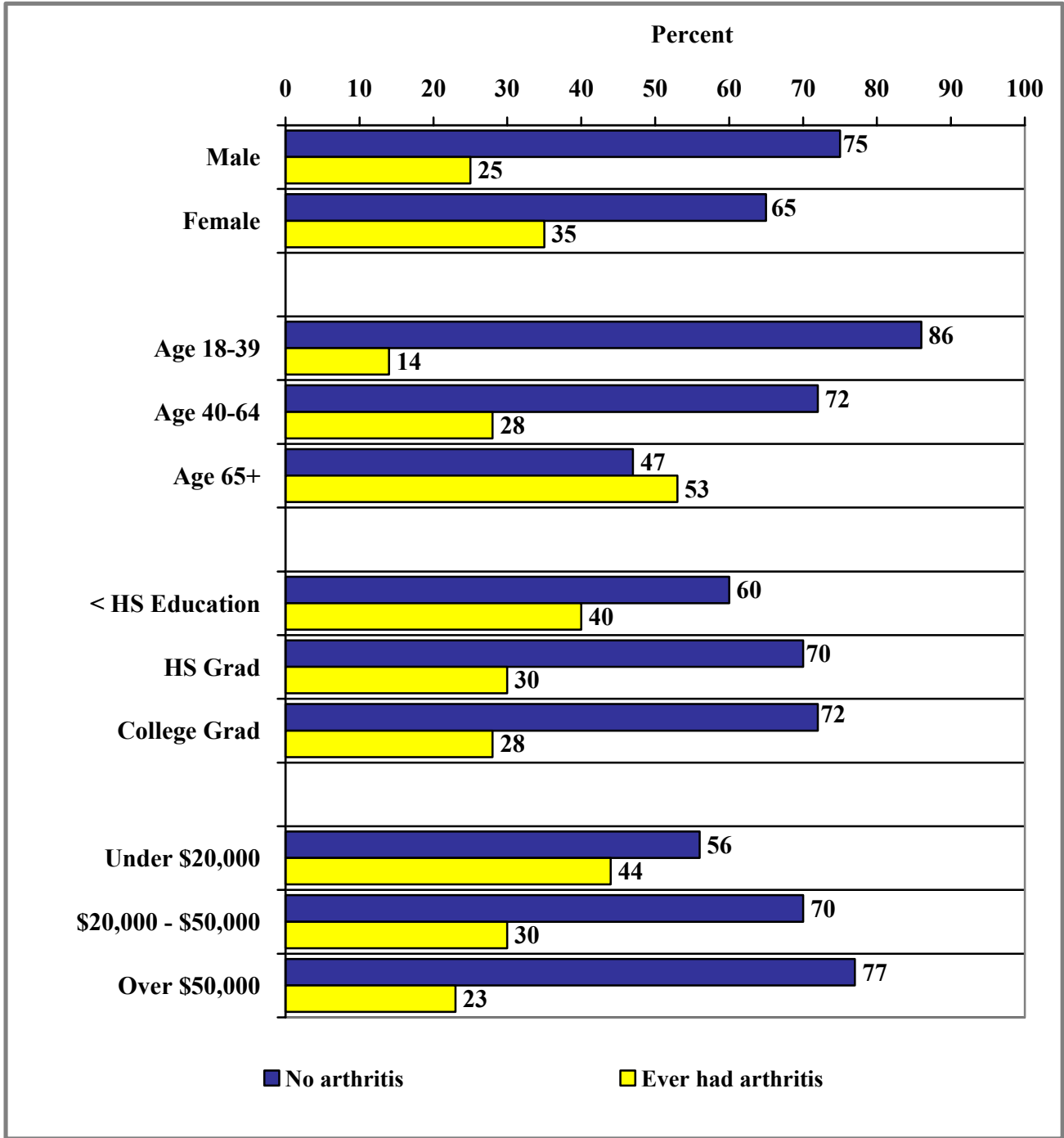
Arthritis (continued)

Activity Limitations

Risk Factor Definition: Have activity limitations due to joint symptoms

Question: Are you now limited in any way in any activities because of joint symptoms?

At risk: Those who answered "yes" are considered at risk.

Table 2: Activity limitations (overall)

Activity limitations	Frequency (n)
Have activity limitations	250
No activity limitations	254

Figure 3: Activity limitations (overall)
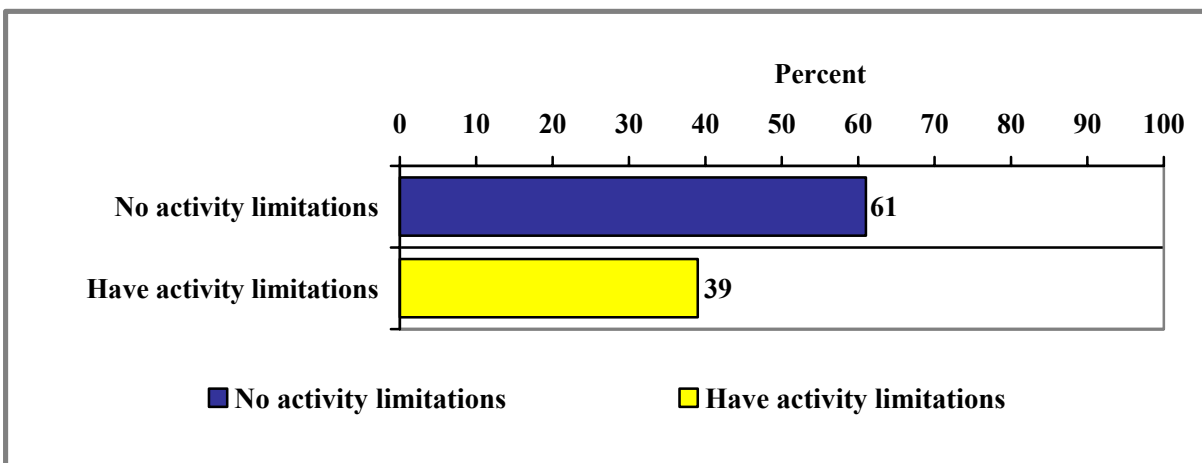
Arthritis (continued)

Question: Are you now limited in any way in any activities because of joint symptoms?

Figure 4: Activity limitations (by selected characteristics)

Percent

Characteristic	No activity limitations	Have activity limitations
Male	62	38
Female	61	39
Age 18-39	67	33
Age 40-64	60	40
Age 65+	59	41
< HS Education	47	53
HS Grad	65	35
College Grad	56	44
Under $20,000	44	56
$20,000 - $50,000	68	32
Over $50,000	61	39

■ No activity limitations　　□ Have activity limitations
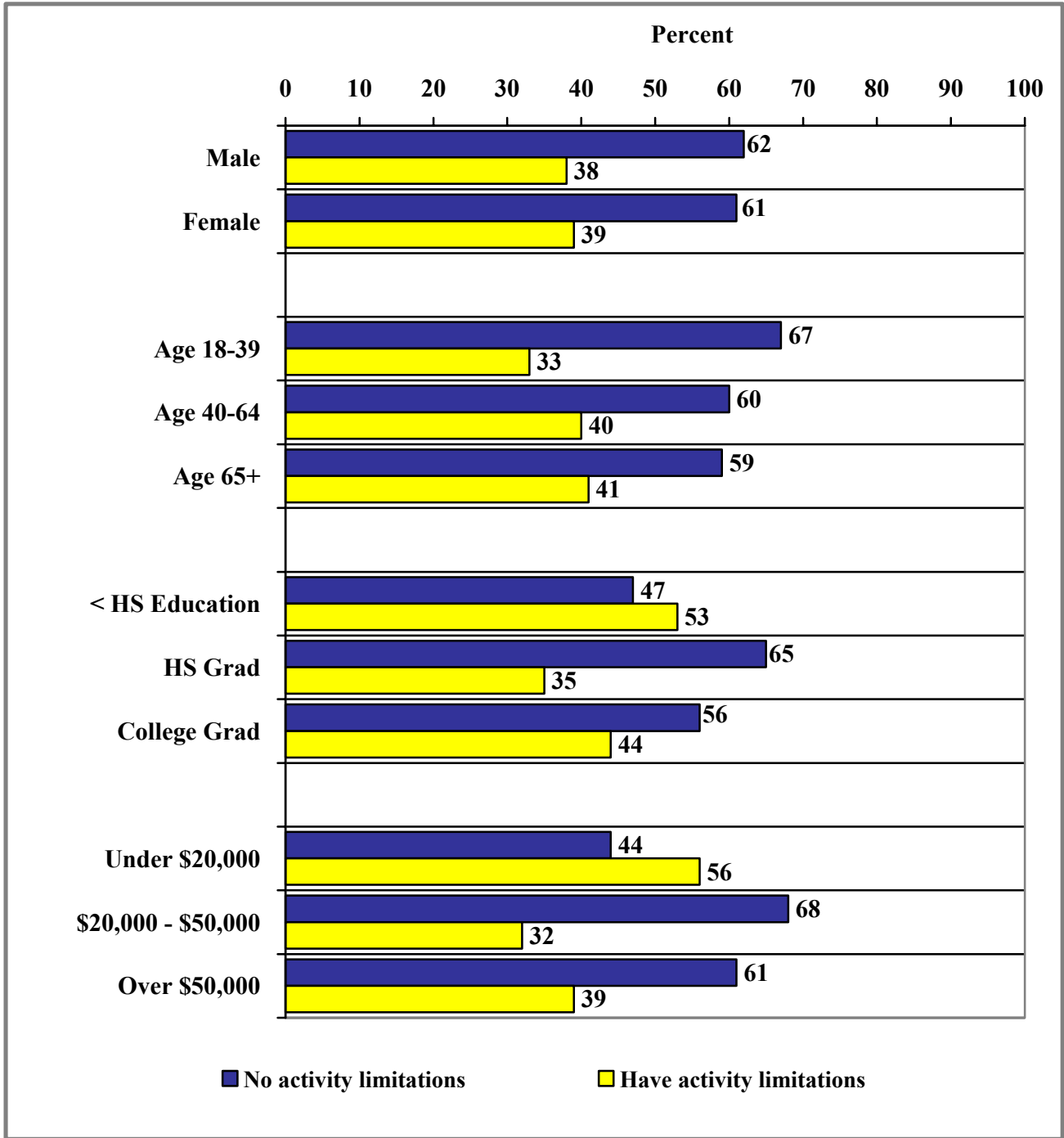
Colorectal Cancer Screening

Colorectal cancer is the second leading cause of all cancer deaths in Arkansas according to the Arkansas Cancer Coalition. Some of the risk factors include age, family, history, physical inactivity, obesity and cigarette smoking.

Sigmoidoscopy and colonoscopy are exams in which a tube is inserted into the rectum to view the bowel for signs of cancer or other health problems.

<u>Risk Factor Definition: Over age 50 years and never been screened</u>

<u>Question:</u> Have you ever had these exams?

<u>At risk:</u> Those aged 50 years and older who answered "no" are considered at risk.

<u>Table 1:</u> Colorectal cancer screening (overall)

Colorectal cancer screening	Frequency (n)
Never been screened	252
Have been screened	356

<u>Figure 1</u>: Colorectal cancer screening (overall)
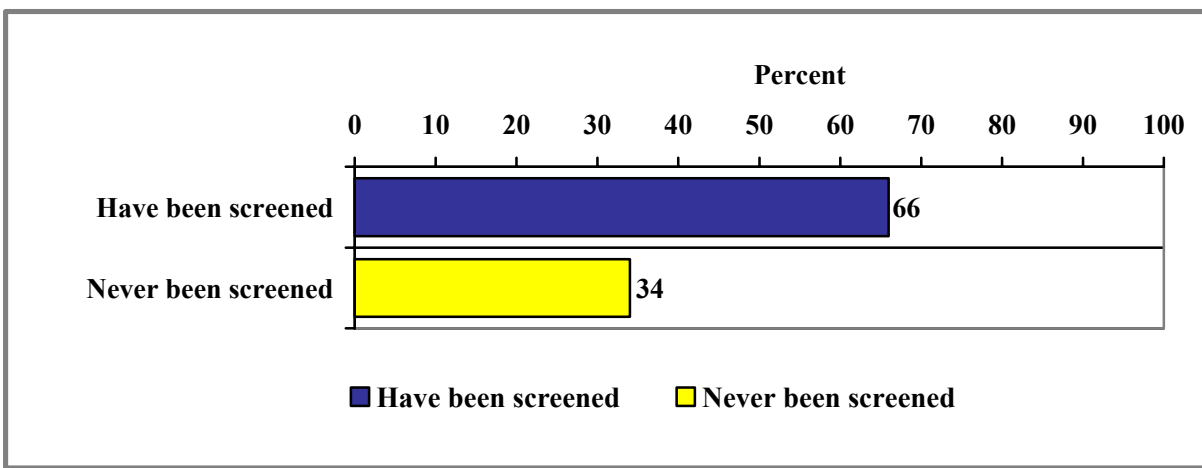
Colorectal Cancer Screening (continued)

Question: Have you ever been screened for colorectal cancer, i.e. had a sigmoidoscopy or colonoscopy?

Figure 2: Colorectal cancer screening (by selected characteristics)

Percent

Characteristic	Have been screened	Never been screened
Male	69	31
Female	65	35
Age 40-64	58	42
Age 65+	74	26
< HS Education	60	40
HS Grad	65	35
College Grad	71	29
Under $20,000	56	44
$20,000 - $50,000	65	35
Over $50,000	74	26

■ Have been screened   □ Never been screened

Prostate Cancer Screening

Prostate cancer is the most common form of cancer for men in Arkansas, aside from skin cancer. Age, race, family history, and diet may be risk factors for prostate cancer. Older men and African-American men are most at risk.

A Prostate-Specific Antigen test, also called a PSA test, is a blood test used to check men for prostate cancer. A digital rectal exam is an exam in which a doctor, nurse, or other health professional places a gloved finger into the rectum to feel the size, shape, and hardness of the prostate gland.

Risk Factor Definition: Male, over age 40 years, and not screened within the past year

Question: Have you ever had these exams?

At risk: Those aged 40 years and older who answered "no" are considered at risk.

Table 1: Prostate cancer screening (overall)

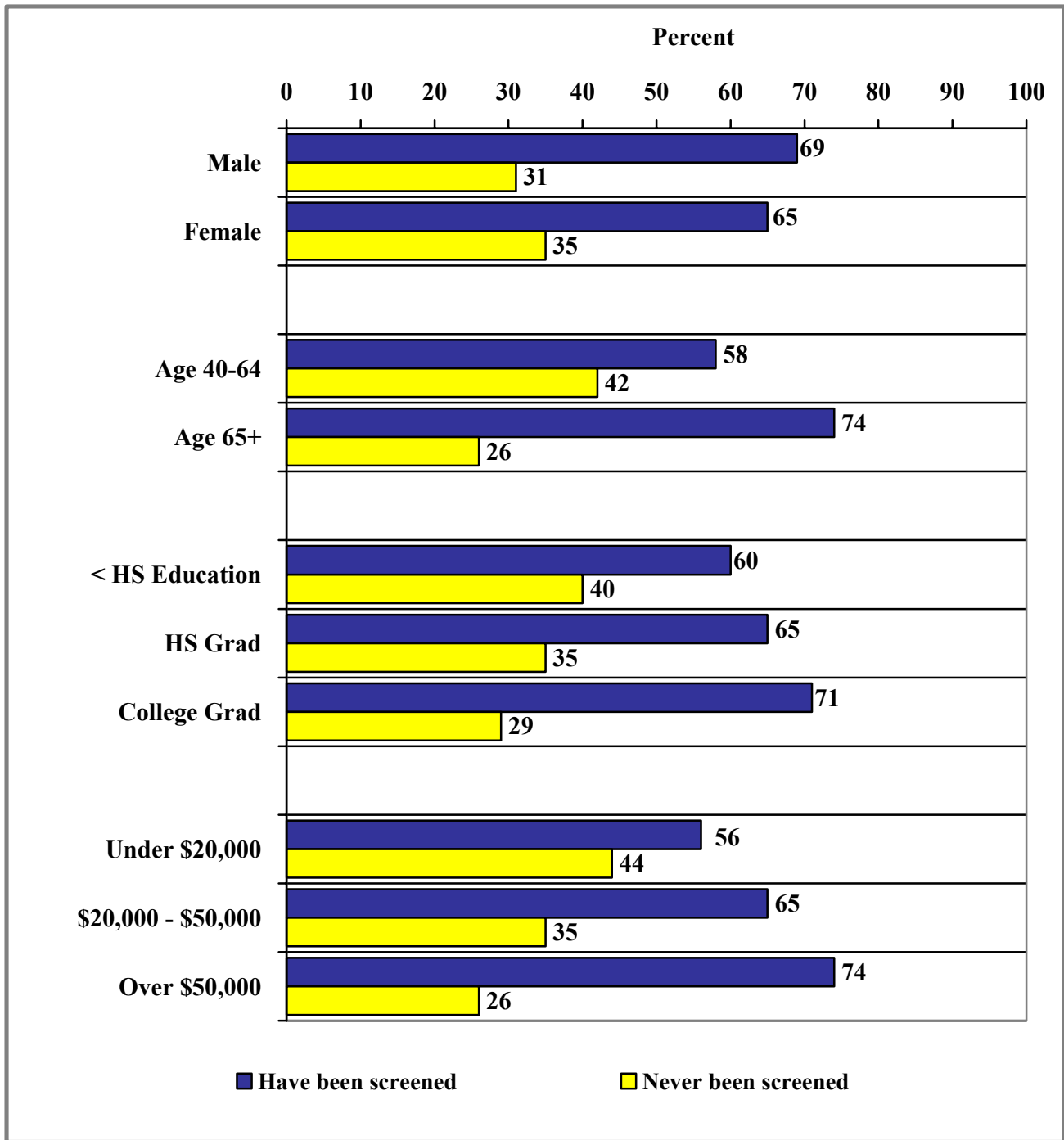| Prostate cancer screening	Frequency (n)
Never or more than year ago	169
Within past year	95

Figure 1: Prostate cancer screening (overall)
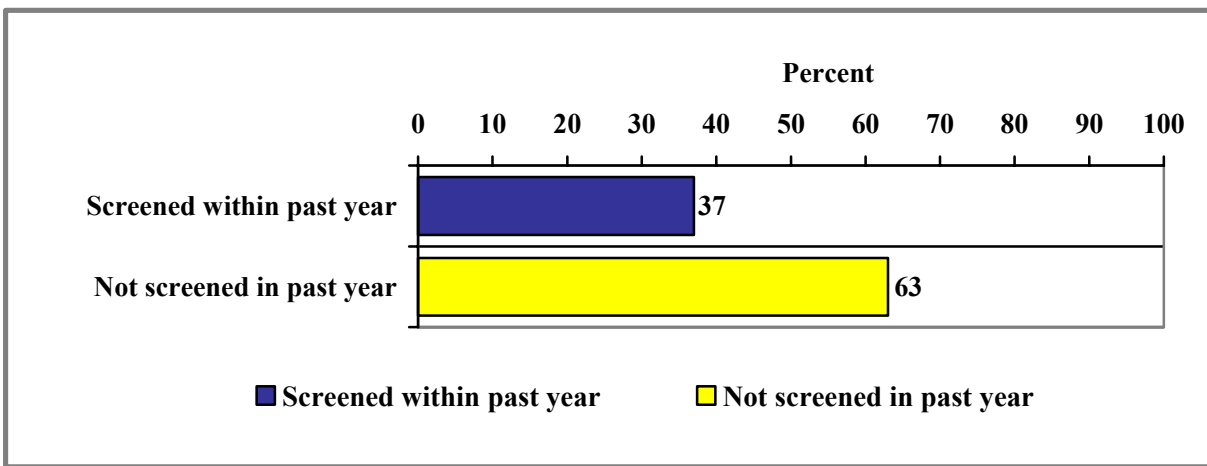
Prostate Cancer Screening (continued)

Question: Have you ever been screened for prostate cancer?

Figure 2: Prostate cancer screening (by selected characteristics)

Percent

Characteristic	Screened within past year	Not screened in past year
Age 40-64	20	80
Age 65+	62	38
< HS Education	25	75
HS Grad	31	69
College Grad	49	51
Under $20,000	23	77
$20,000 - $50,000	36	64
Over $50,000	39	61

■ Screened within past year   □ Not screened in past year
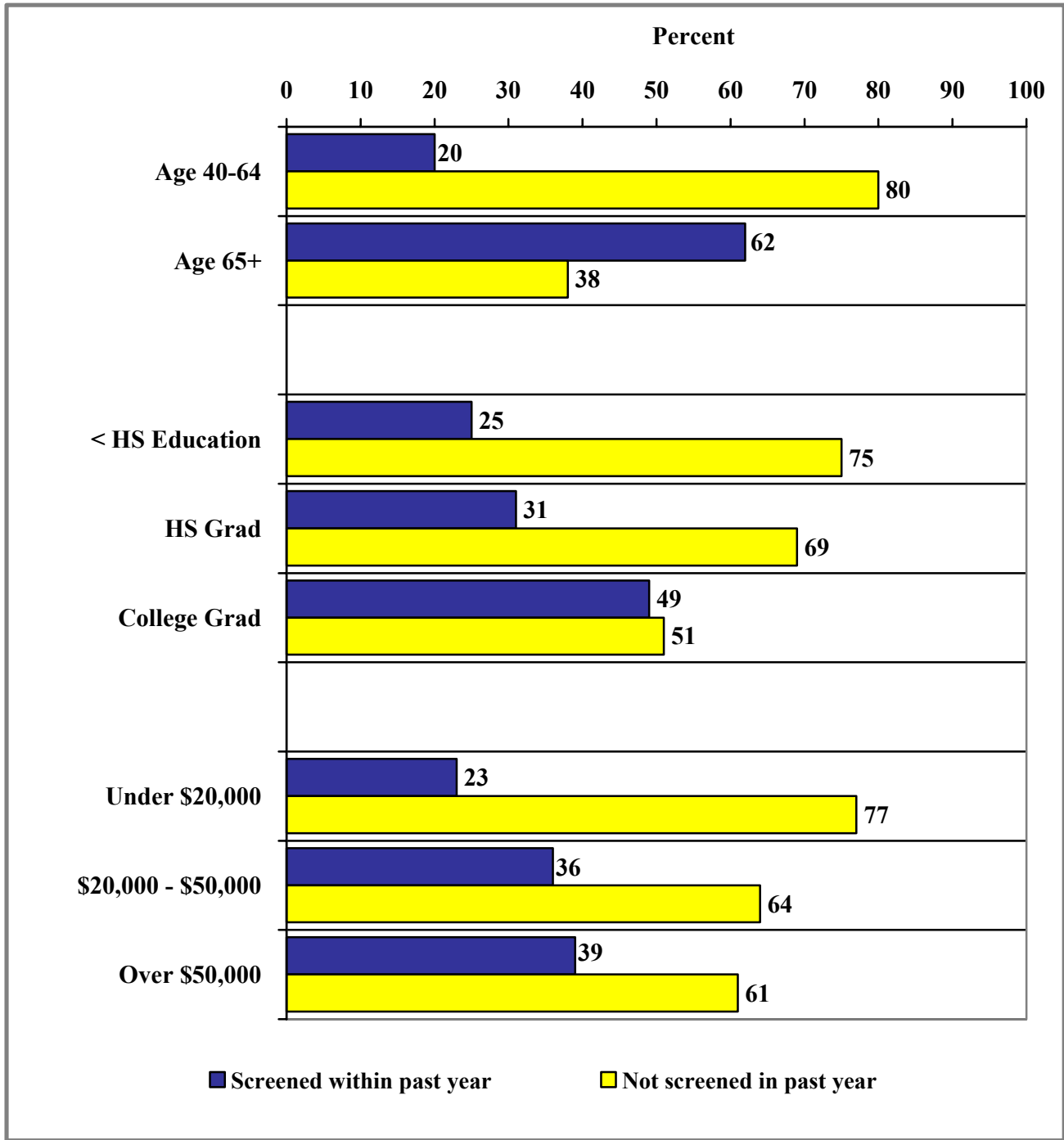
Immunization – Influenza Shot

Immunization against influenza can prevent serious illness and death. Getting the flu shot not only helps you but it lessens the chance that you will spread the illness to someone else.

Risk Factor Definition: No influenza shot within past 12 months

Question: During the past 12 months, have you had a flu shot?

At risk: Those who answered "No" are considered at risk.

Table 1: Influenza shot (overall)

Influenza shot	Frequency (n)
No influenza shot	500
Had influenza shot	334

Figure 1: Influenza shot (overall)
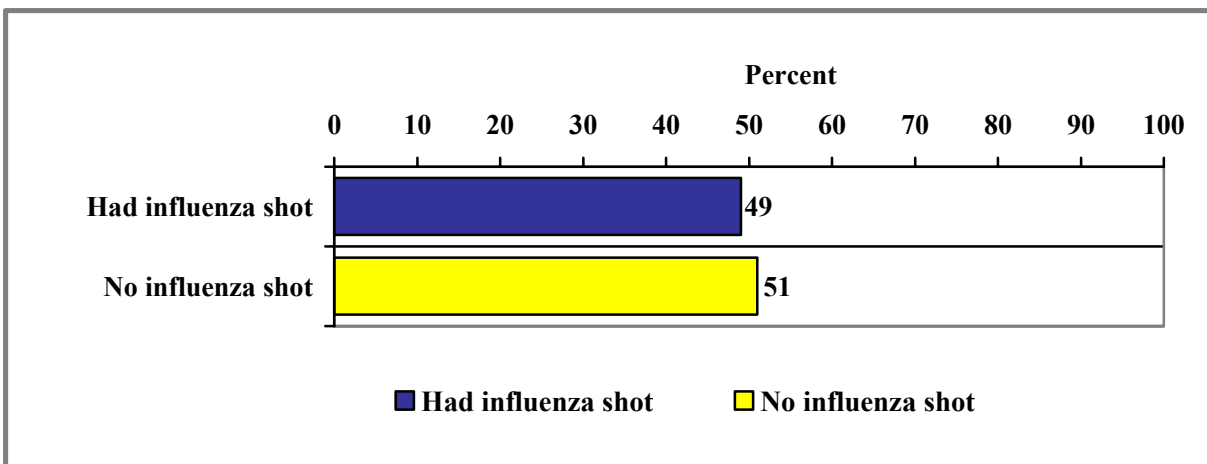
Immunization – Influenza Shot (continued)

Question: During the past 12 months, have you had a flu shot?

Figure 2: Influenza shot (by selected characteristics)

Percent

Characteristic	Had influenza shot	No influenza shot
Male	45	55
Female	52	48
Age 18-39	32	68
Age 40-64	46	54
Age 65+	74	26
< HS Education	44	56
HS Grad	45	55
College Grad	59	41
Under $20,000	46	54
$20,000 - $50,000	47	53
Over $50,000	51	49

■ Had influenza shot   □ No influenza shot
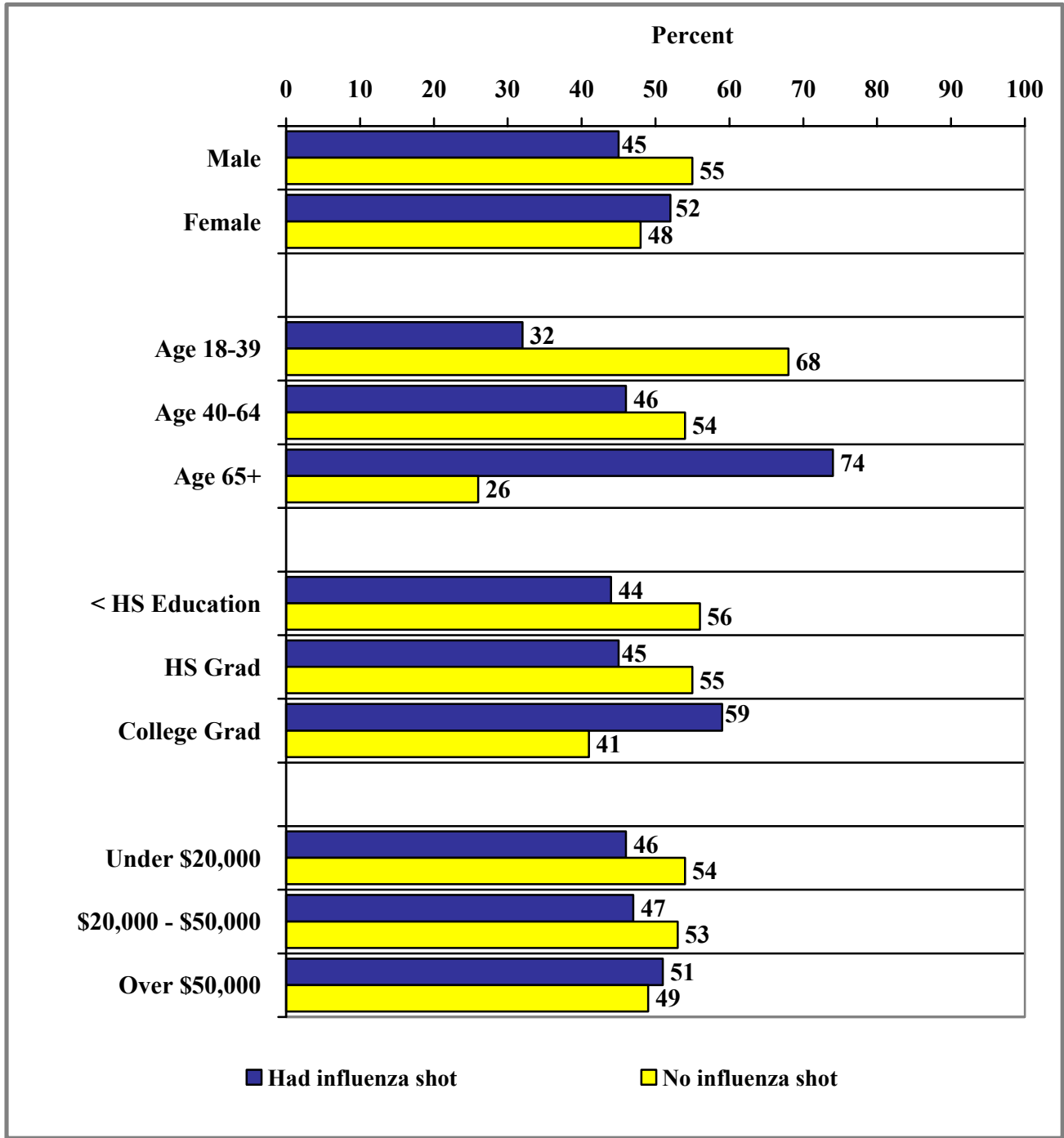
Oral Health

Permanent Teeth Extraction

Risk Factor Definition: Permanent teeth extraction

Question: How many of your permanent teeth have been removed because of tooth decay or gum disease?

At risk: Those who answered "1 or more" are considered at risk.

Table 1: Permanent teeth extraction (overall)

Permanent teeth extraction	Frequency (n)
Permanent teeth extraction	608
No permanent teeth extraction	202

Figure 1: Permanent teeth extraction (overall)
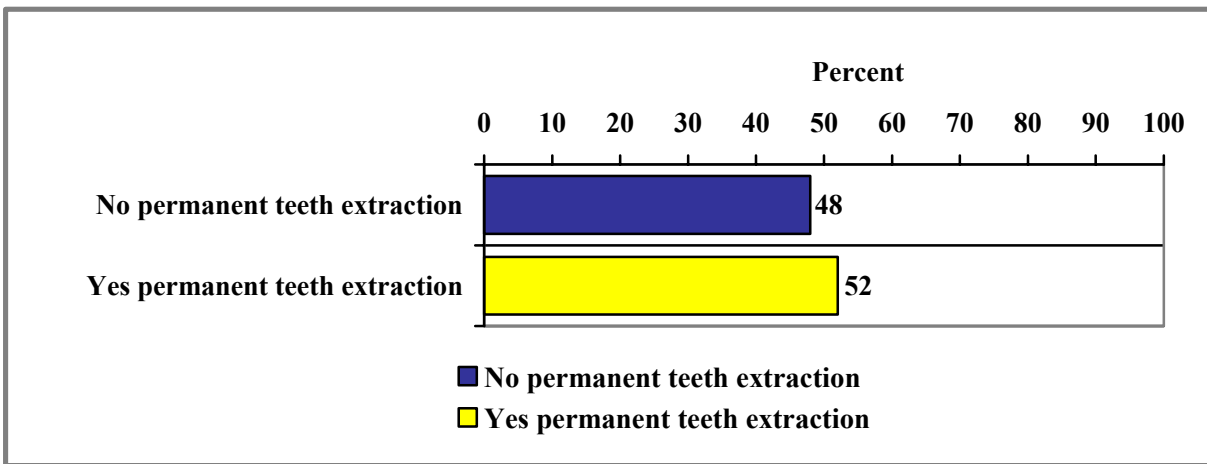
Oral Health (continued)

Question: How many of your permanent teeth have been removed because of tooth decay or gum disease?

Figure 2: Permanent teeth extraction (by selected characteristics)

Percent

Characteristic	No permanent teeth extraction	Yes permanent teeth extraction
Male	48	52
Female	49	51
Age 18-39	69	31
Age 40-64	47	53
Age 65+	25	75
< HS Education	21	79
HS Grad	47	53
College Grad	59	41
Under $20,000	30	70
$20,000 - $50,000	47	53
Over $50,000	63	37

■ No permanent teeth extraction   □ Yes permanent teeth extraction
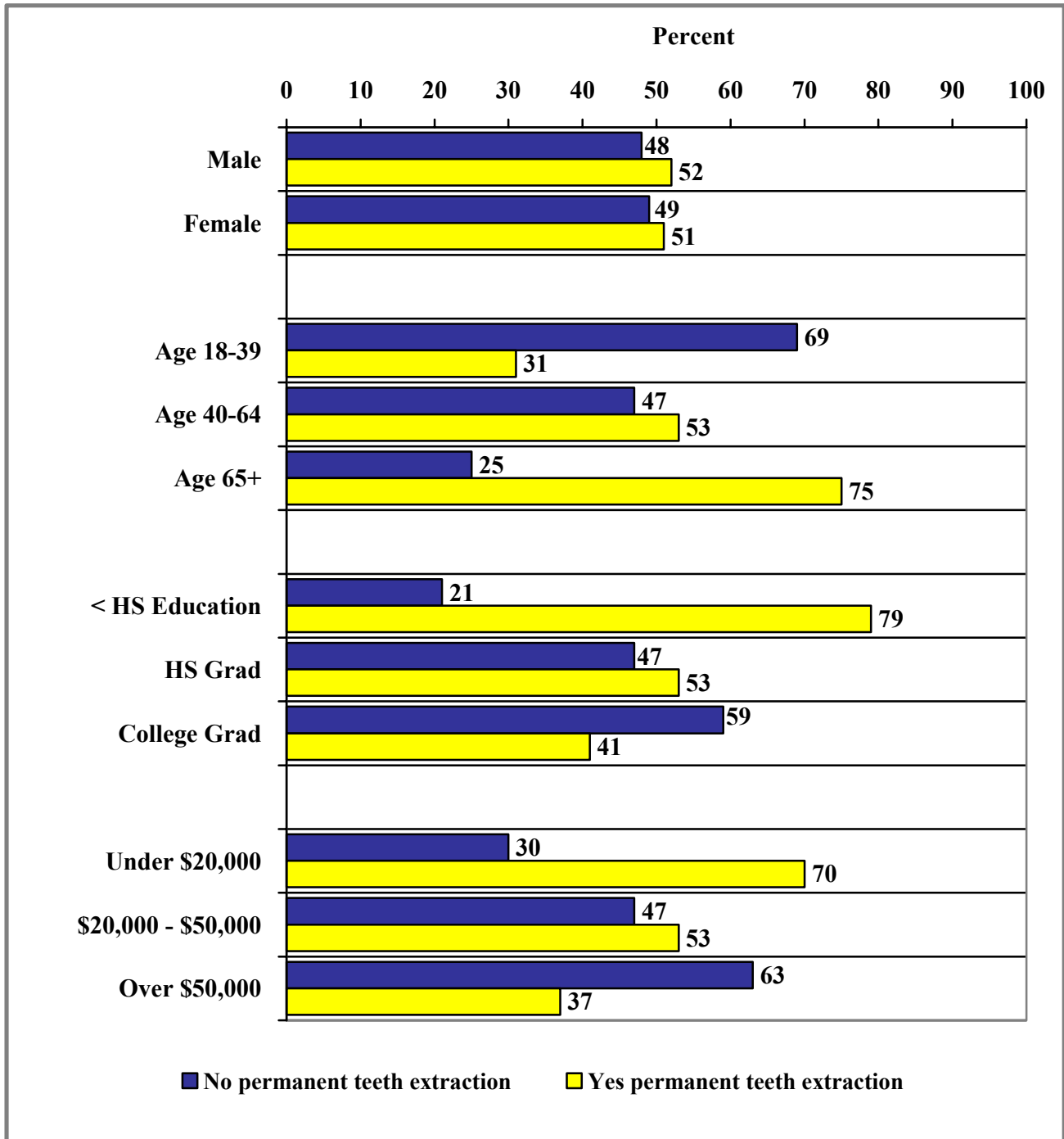
Oral Health (continued)

Last dental visit

Risk Factor Definition: Last dental visit one year or more ago

Question: How long has it been since you last visited a dentist or dental clinic for any reason?

At risk: Those who answered "1 year or more" are considered at risk.

Table 2: Last dental visit (overall)

Dental visit	Frequency (n)
Last dental visit one year or more ago	386
Last dental visit less than one year ago	430

Figure 3: Last dental visit (overall)

Percent

Last dental visit less than one year ago	66
Last dental visit one year or more ago	34

■ Last dental visit less than one year ago   □ Last dental visit one year or more ago
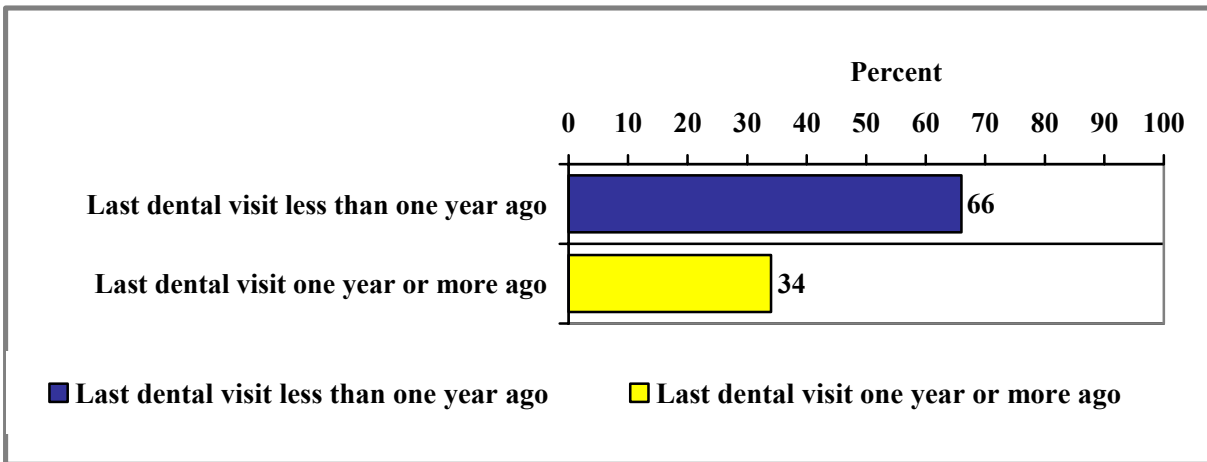
Oral Health (continued)

Question: How long has it been since you last visited a dentist or dental clinic for any reason?

Figure 4: Last dental visit (by selected characteristics)

Percent

Characteristic	Less than one year ago	One year or more ago
Male	59	41
Female	73	27
Age 18-39	64	36
Age 40-64	70	30
Age 65+	64	36
< HS Education	36	64
HS Grad	65	35
College Grad	78	22
Under $20,000	43	57
$20,000 - $50,000	66	34
Over $50,000	77	23

■ Last dental visit less than one year ago
□ Last dental visit one year or more ago
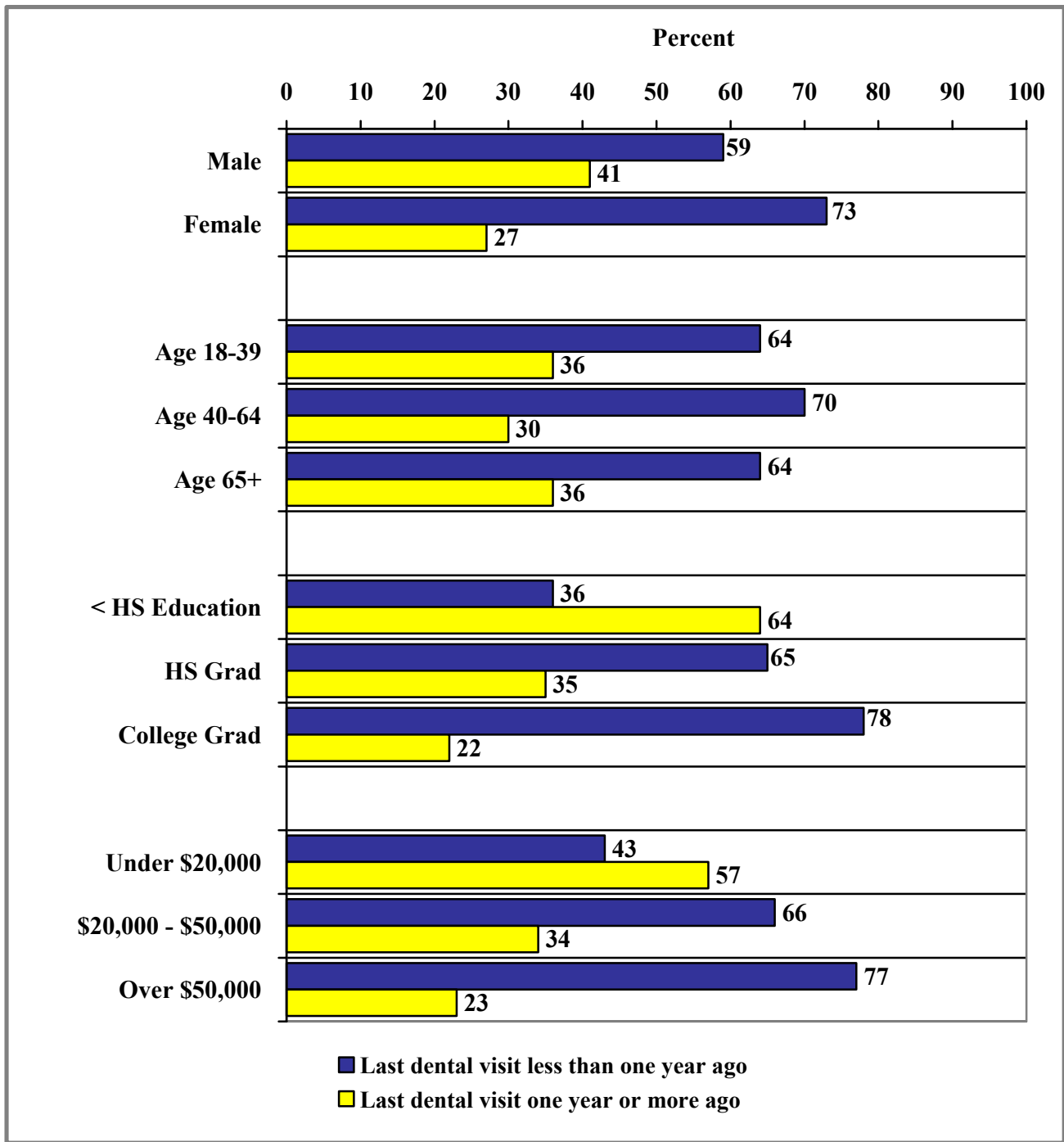
Physical Activity

Regular physical activity is important for people of all ages. It is important for maintaining a healthy body, enhancing quality of life, and preventing death.

Risk Factor Definition: Do not participate in regular physical activity

Questions: During the past 30 days, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?

At risk: Those who do not participate in physical activity on a regular basis are at risk.

Table 1: Regular physical activity (overall)

Regular physical activity	Frequency (n)
No regular physical activity	286
Regular physical activity	555

Figure 1: Regular physical activity (overall)
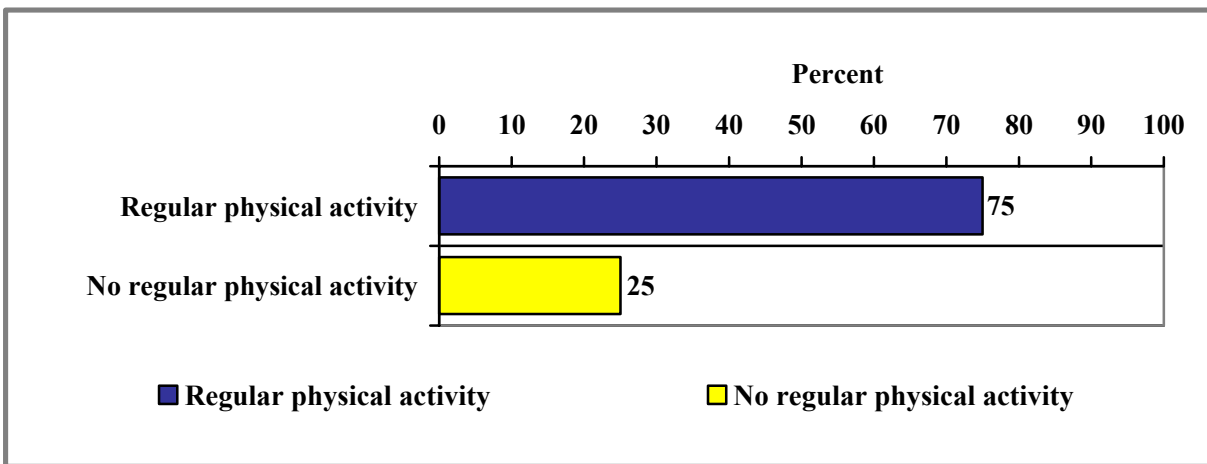
Physical Activity (continued)

Question: During the past 30 days, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?

Figure 2: Physical activity (by selected characteristics)

Percent

Characteristic	Regular physical activity	No regular physical activity
Male	70	30
Female	79	21
Age 18-39	78	22
Age 40-64	72	28
Age 65+	75	25
< HS Education	60	40
HS Grad	73	27
College Grad	84	16
Under $20,000	66	34
$20,000 - $50,000	76	24
Over $50,000	79	21

■ Regular physical activity　　□ No regular physical activity
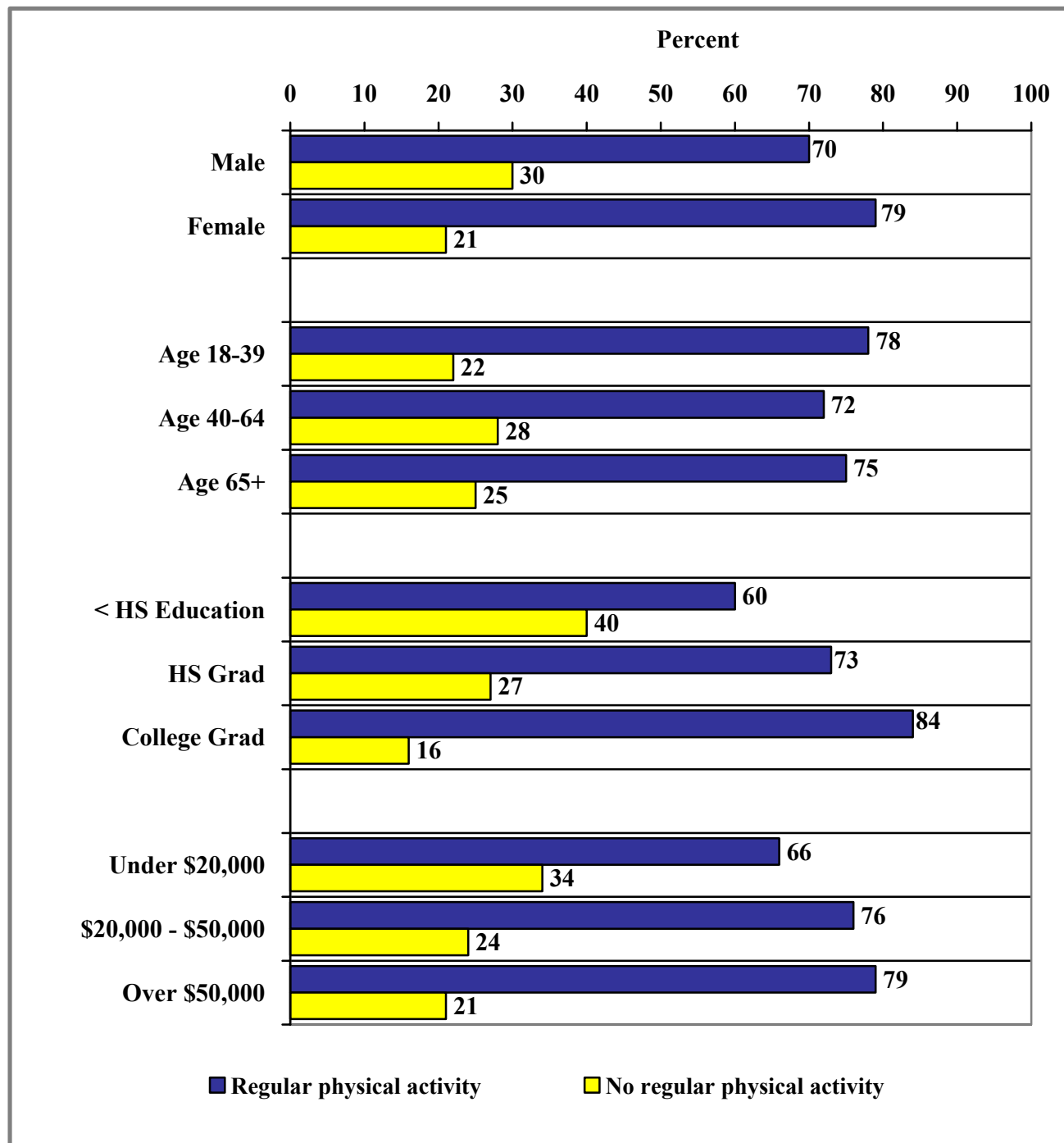
Overweight

Overweight and obesity have risen considerably over the past several years and are major contributors to preventable causes of death. They raise the risk of social stigmatization, discrimination, and low-self esteem along with raising the risk of certain illnesses. Some of these illnesses include high blood pressure, high cholesterol, diabetes, heart disease, stroke, gall bladder disease, arthritis, sleep disturbance, breathing problems, and certain types of cancer.

Risk Factor Definition: Overweight as measured by Body Mass Index (BMI)

Questions: 1. How much do you weigh without shoes? 2. How tall are you without shoes?

At risk: Those with a Body Mass Index (BMI) of greater than 25.0 are overweight. BMI is a ratio of weight to height.

Table 1: Bodyweight (overall)

Overweight or obese	Frequency (n)
Overweight or obese BMI > 25	526
Not overweight or obese BMI < 25	269

Figure 2: Bodyweight (overall)
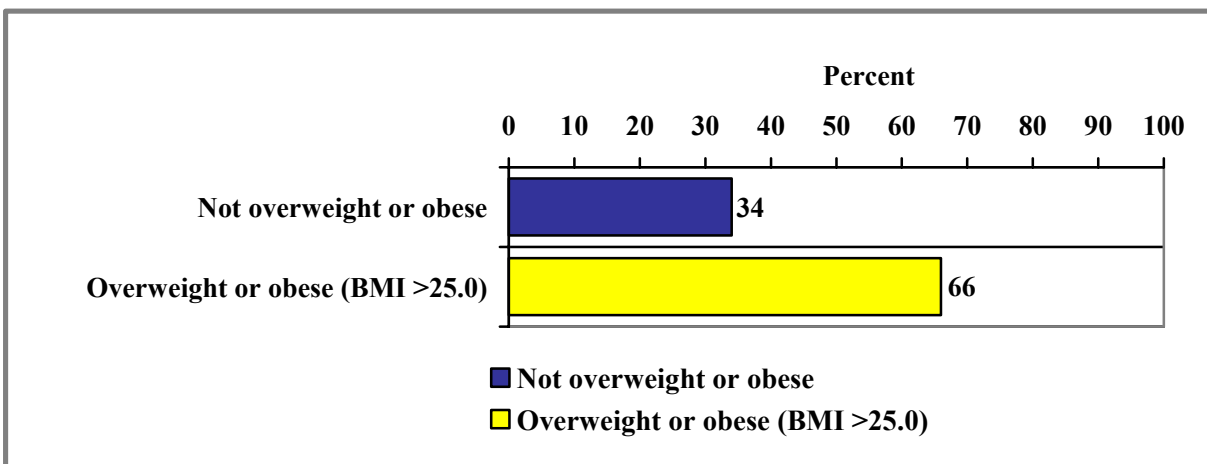
Overweight (continued)

Questions: 1. How much do you weigh without shoes? 2. How tall are you without shoes?

Figure 2: Bodyweight (by selected characteristics)

Percent

Category	Not overweight or obese	Overweight or obese (BMI >25.0)
Male	33	67
Female	35	65
Age 18-39	41	59
Age 40-64	28	72
Age 65+	34	66
< HS Education	43	57
HS Grad	33	67
College Grad	34	66
Under $20,000	46	54
$20,000 - $50,000	33	67
Over $50,000	28	72

■ Not overweight or obese   □ Overweight or obese (BMI >25.0)
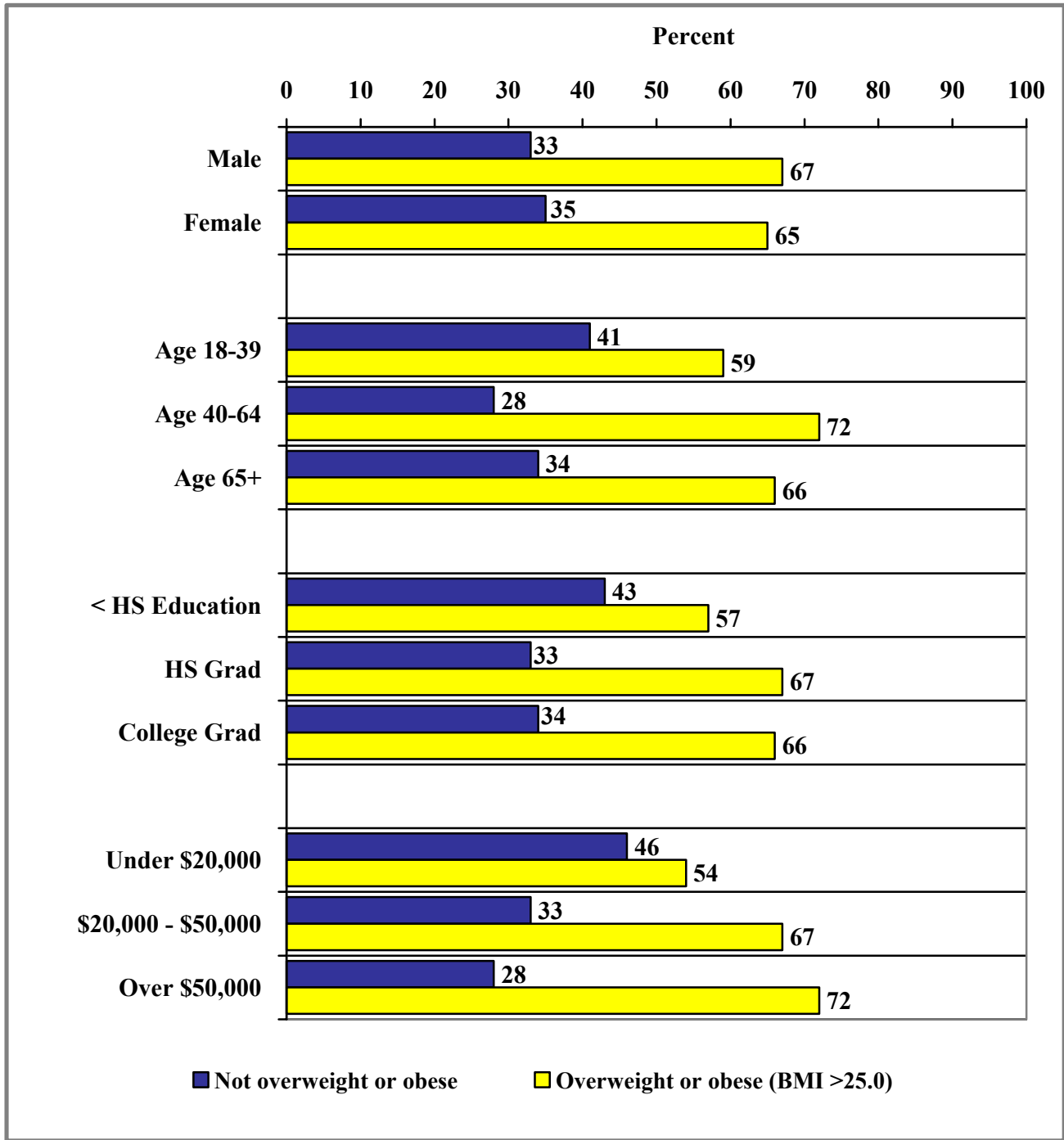
Fruits and Vegetables

Risk Factor Definition: Fewer than 5 fruits and vegetables per day

Question: How often do you eat fruits, green salad or other vegetables or drink fruit juice per day?

At risk: Those who answered "less than 5 times per day" are considered at risk.

Table 1: Consumption of fruits and vegetables (overall)

Fruits and vegetables	Frequency (n)
Consume less than 5 times per day	663
Consume 5 or more times per day	159

Figure 1: Consumption of fruits and vegetables (overall)
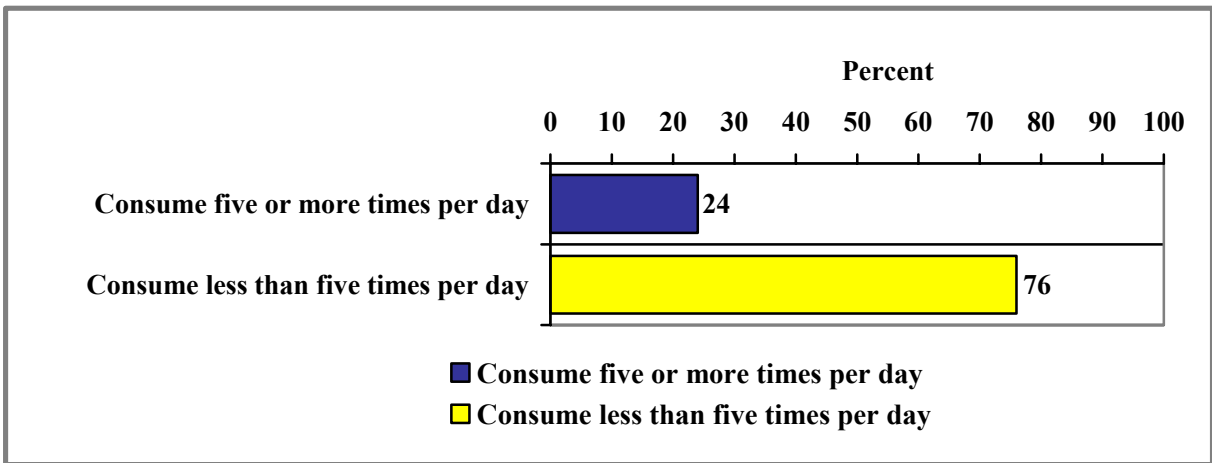
Fruits and Vegetables (continued)

Question: How often do you eat fruits, green salad or other vegetables or drink fruit juice per day?

Figure 2: Consumption of fruits and vegetables (by selected characteristics)

Percent

Characteristic	Consume five or more times per day	Consume less than five times per day
Male	18	82
Female	29	71
Age 18-39	20	80
Age 40-64	26	74
Age 65+	26	74
< HS Education	12	88
HS Grad	21	79
College Grad	32	68
Under $20,000	26	74
$20,000 - $50,000	19	81
Over $50,000	24	76

■ Consume five or more times per day
□ Consume less than five times per day
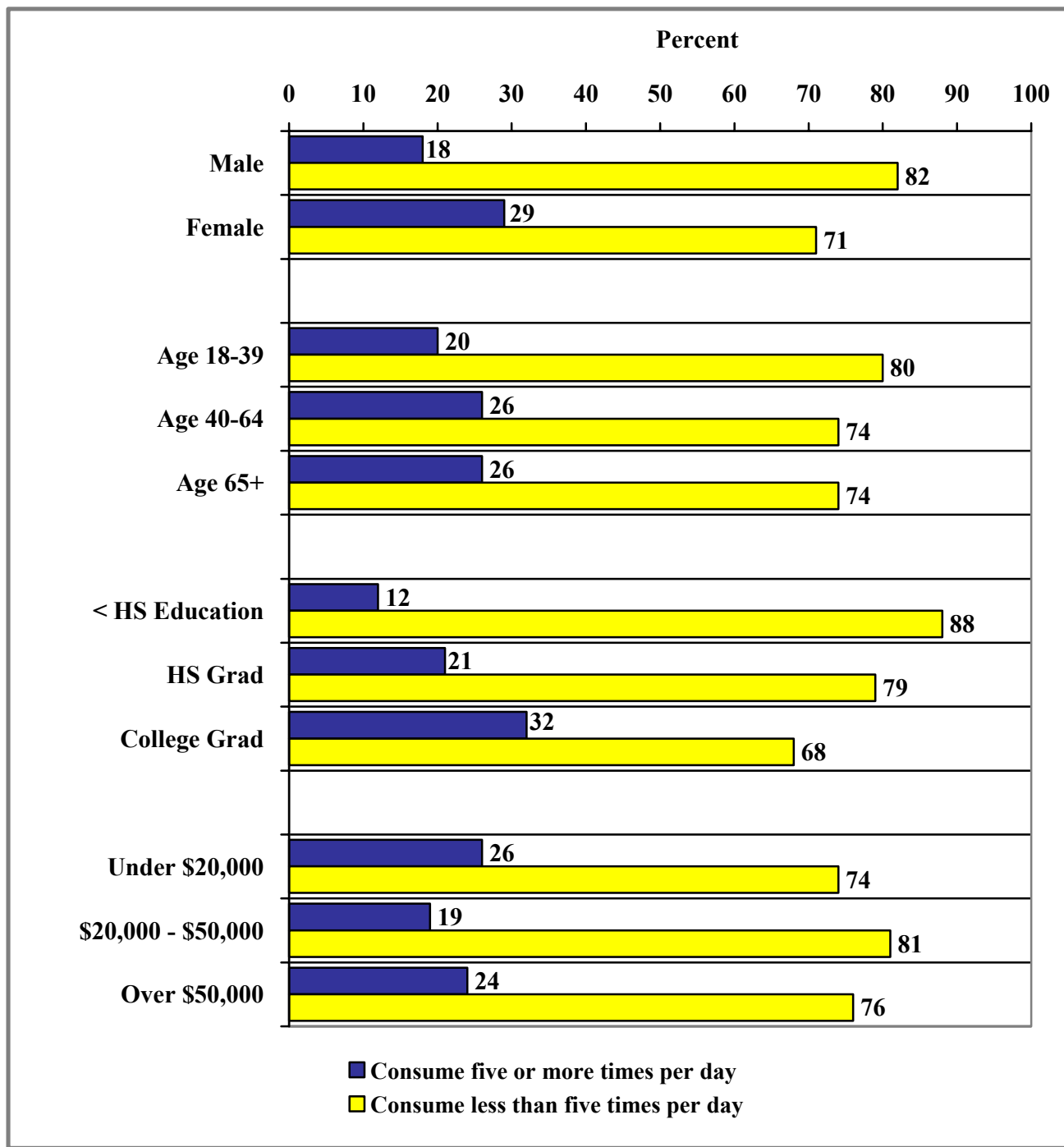
Disability

Survey respondents were asked about health problems or impairments they had. These include impairments that are either present at birth or acquired from illness or injury. People with disabilities face special challenges related to health, productivity, independence, and quality of life.

Limitations due to physical, mental or emotional problems

Risk Factor Definition: Limitations due to physical, mental, or emotional problems

Question: Are you limited in any way in any activities because of physical, mental, or emotional problems?

At risk: Those who answered "yes" are considered at risk.

Table 1: Limitations due to physical, mental or emotional problems (overall)

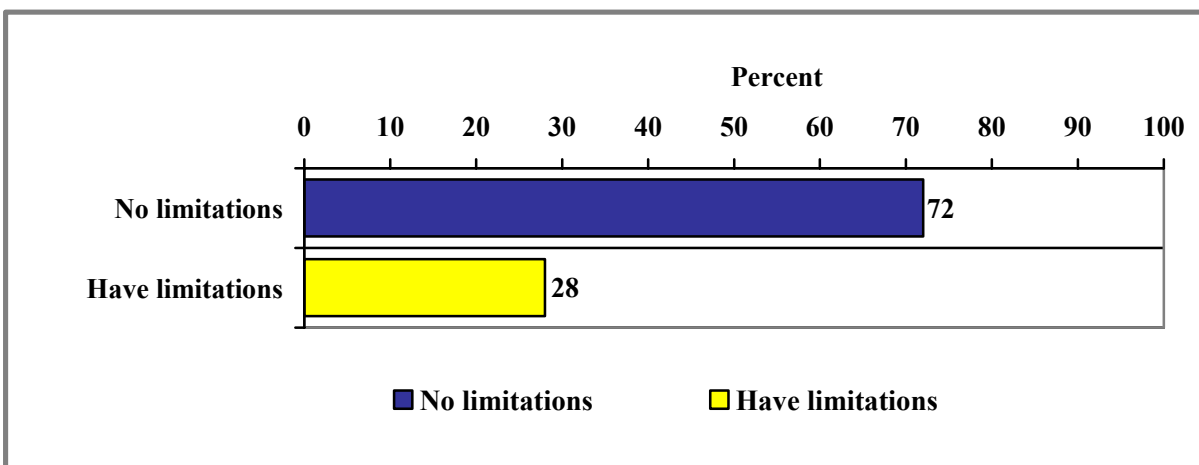| Limitations due to physical, mental or emotional problems	Frequency (n)
Limitations	320
No limitations	496

Figure 1: Limitations due to physical, mental or emotional problems (overall)

Disability (continued)

Question: Are you limited in any way in any activities because of physical, mental, or emotional problems?

Figure 2: Limitations due to physical, mental or emotional problems (by selected characteristics)

Percent

Characteristic	No limitations	Have limitations
Male	71	29
Female	72	28
Age 18-39	78	22
Age 40-64	69	31
Age 65+	66	34
< HS Education	61	39
HS Grad	73	27
College Grad	71	29
Under $20,000	56	44
$20,000 - $50,000	68	32
Over $50,000	81	19

■ No limitations ☐ Have limitations
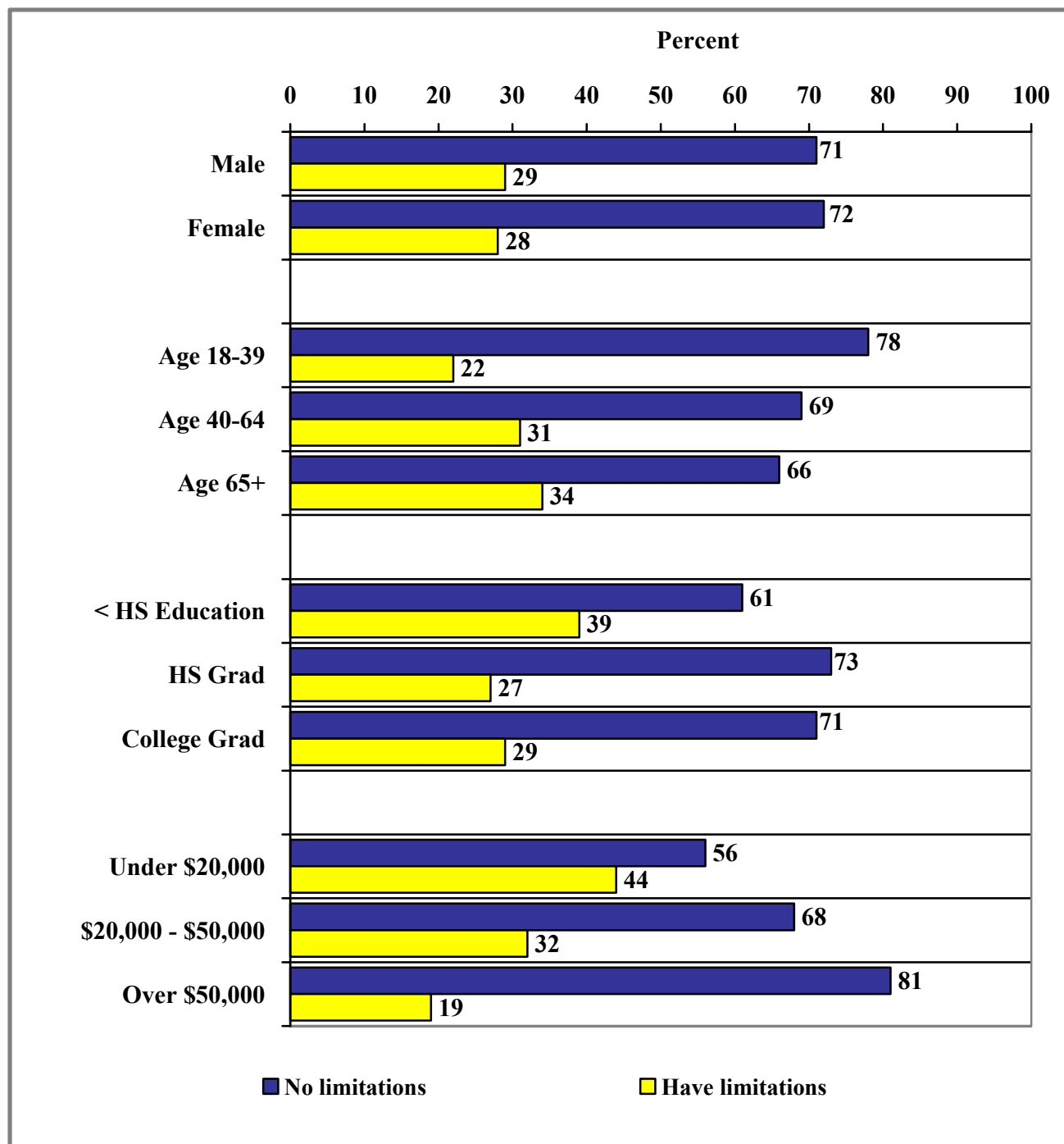
Disability (continued)

Use of special equipment

Risk Factor Definition: Use of special equipment

Question: Do you have any health problem that requires you to use special equipment, such as a cane, wheelchair, or special telephone?

At risk: Those who answered "yes" are considered at risk.

Table 2: Use of special equipment (overall)

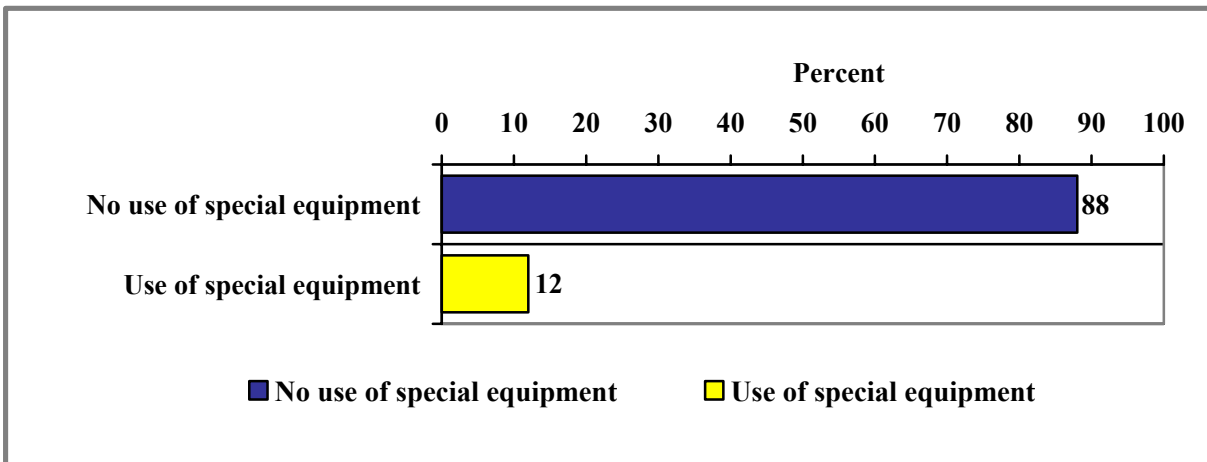| Use of special equipment	Frequency (n)
Use of special equipment	137
No use of special equipment	679

Figure 3: Use of special equipment (overall)

Disability (continued)

Question: Do you have any health problem that requires you to use special equipment?

Figure 4: Use of special equipment (by selected characteristics)

Percent

Characteristic	No use of special equipment	Use of special equipment
Male	89	11
Female	88	12
Age 18-39	95	5
Age 40-64	90	10
Age 65+	77	23
< HS Education	83	17
HS Grad	88	12
College Grad	90	10
Under $20,000	80	20
$20,000 - $50,000	86	14
Over $50,000	95	5

■ No use of special equipment   □ Use of special equipment
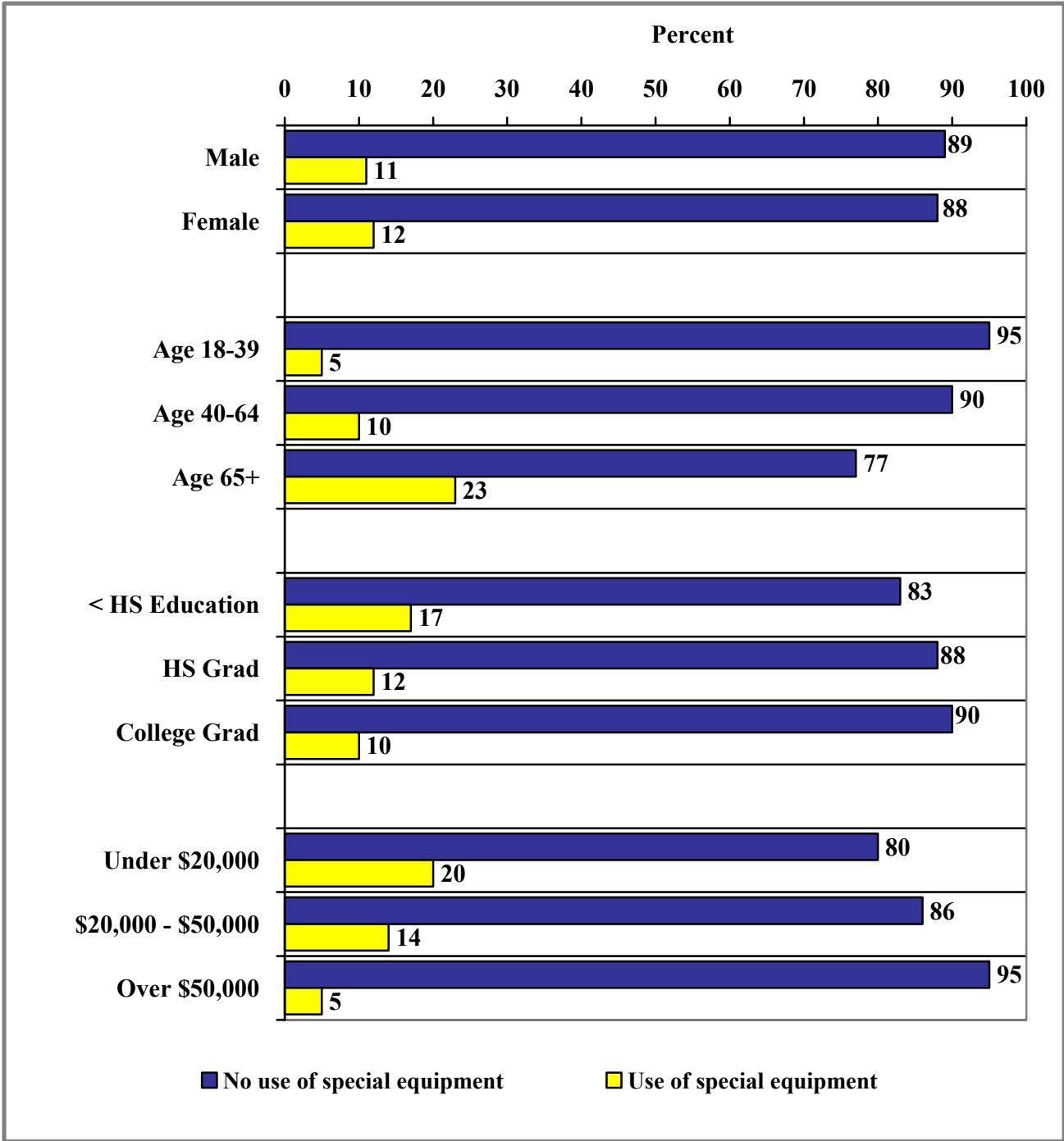
Disability (continued)

Social and emotional support

Risk Factor Definition: "Rarely or "never" get needed social and emotional support

Question: How often do you get the social and emotional support that you need?

At risk: Those who answered "rarely or "never" are considered at risk.

Table 3: Social and emotional support (overall)

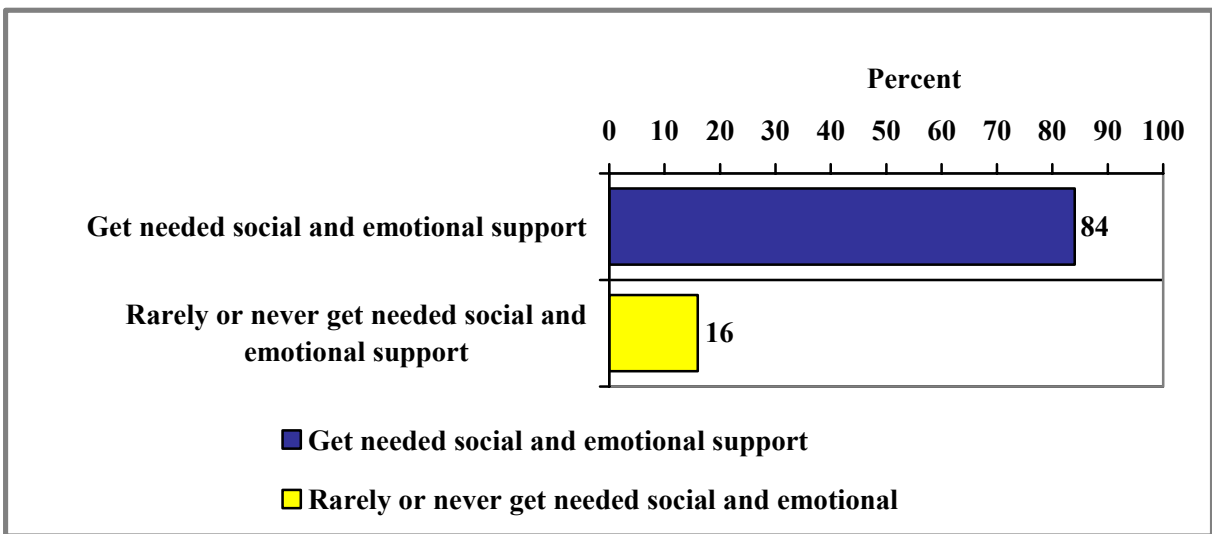| Social and emotional support	Frequency (n)
Rarely or never get needed social/emotional support	100
Get needed social/emotional support	707

Figure 5: Social and emotional support (overall)

Disability (continued)

Question: How often do you get the social and emotional support you need?

Figure 6: Social and emotional support (by selected characteristics)

Percent

Category	Get needed social and emotional support	Rarely or never get needed social and emotional support
Male	85	15
Female	84	16
Age 18-39	83	17
Age 40-64	87	13
Age 65+	83	17
< HS Education	75	25
HS Grad	82	18
College Grad	91	9
Under $20,000	75	25
$20,000 - $50,000	87	13
Over $50,000	90	10

■ Get needed social and emotional support
□ Rarely or never get needed social and emotional support
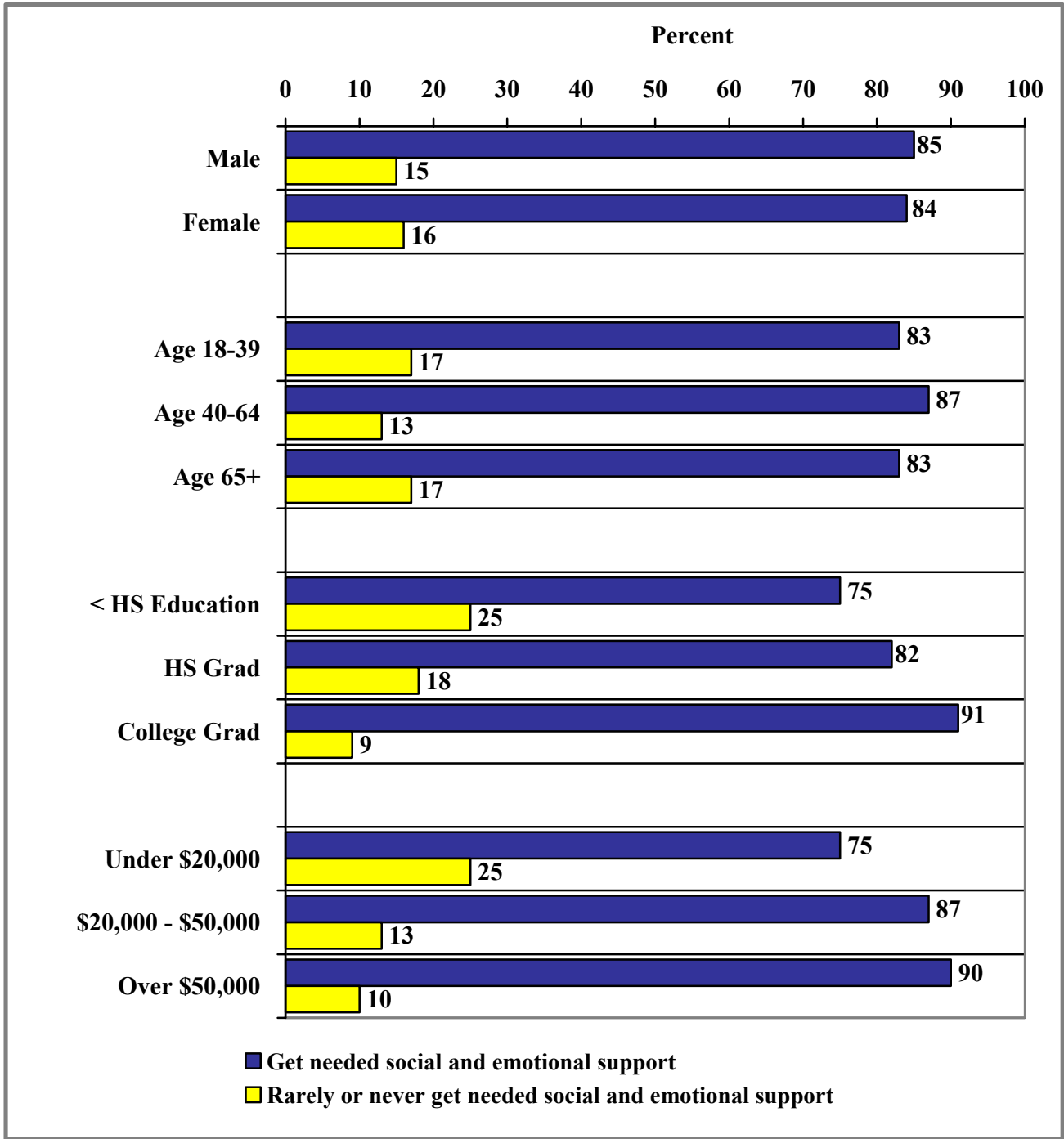
Disability (continued)

Satisfaction with life

Risk Factor Definition: "Dissatisfied" or "Very dissatisfied" with life

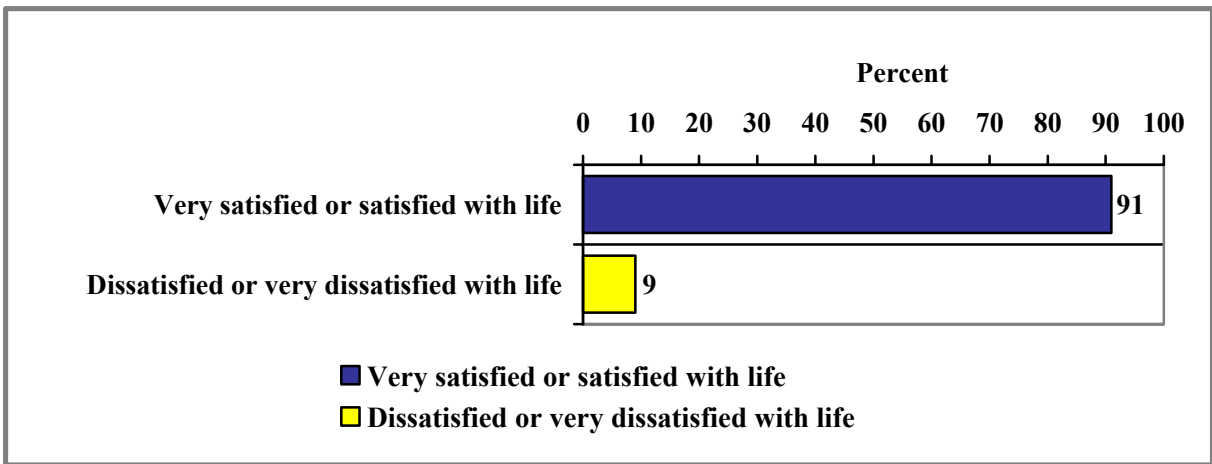Question: In general, how satisfied are you with life?

At risk: Those who answered "dissatisfied" or "very dissatisfied" with life are considered at risk.

Table 4: Satisfaction with life (overall)

Satisfaction with life	Frequency (n)
Dissatisfied or very dissatisfied with life	59
Very satisfied or satisfied with life	743

Figure 7: Satisfaction with life (overall)

Disability (continued)

Question: In general, how satisfied are you with life?

Figure 8: Satisfaction with life (by selected characteristics)

Percent

Characteristic	Very satisfied or satisfied with life	Dissatisfied or very dissatisfied with life
Male	95	5
Female	88	12
Age 18-39	85	15
Age 40-64	95	5
Age 65+	93	7
< HS Education	82	18
HS Grad	89	11
College Grad	98	2
Under $20,000	79	21
$20,000 - $50,000	87	13
Over $50,000	99	1

■ Very satisfied or satisfied with life
□ Dissatisfied or very dissatisfied with life
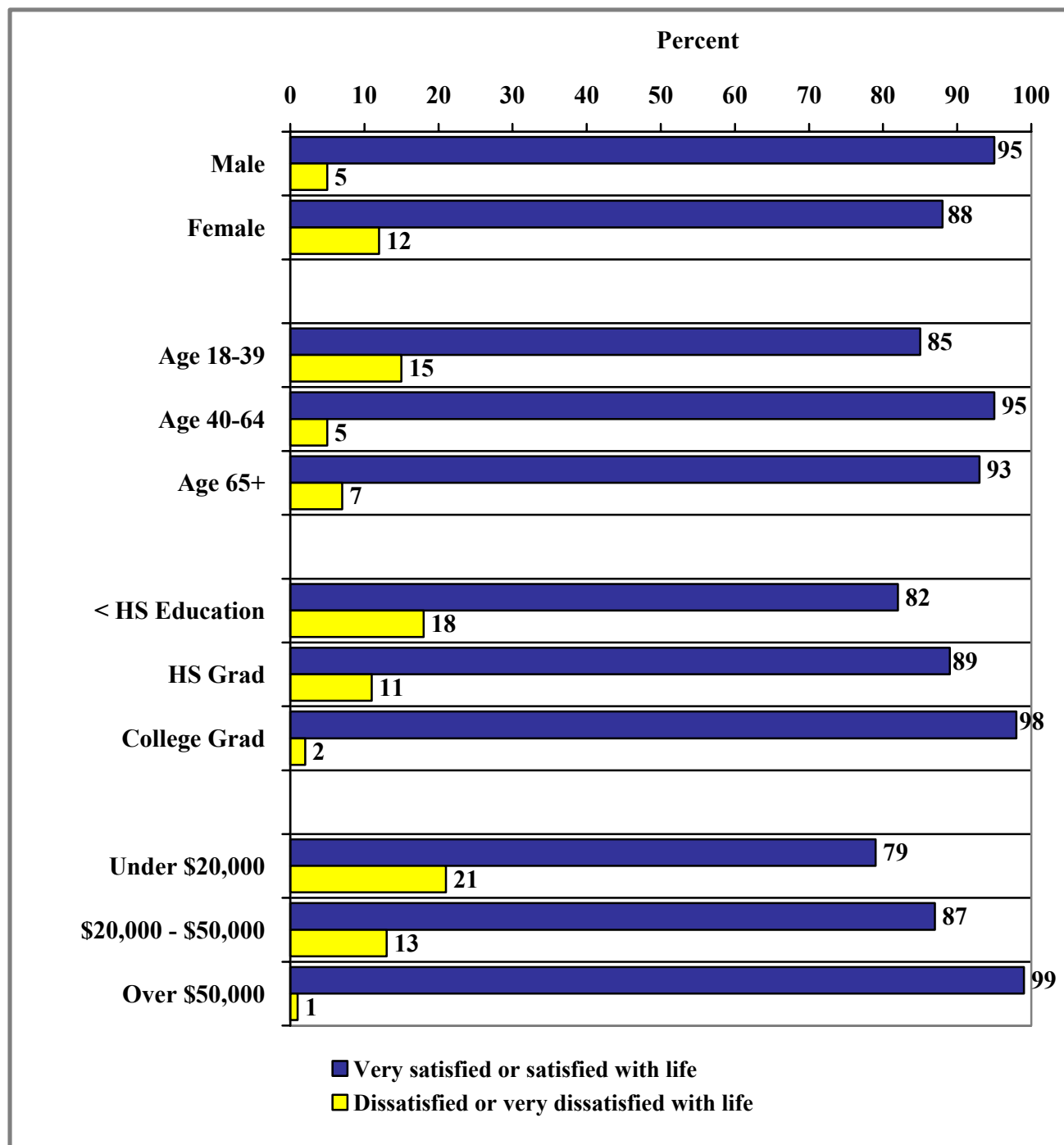
Alcohol Consumption

Many serious problems are associated with alcohol use. These include violence and injury.

Any Alcoholic Drink

Risk Factor Definition: Had one drink of alcohol

Question: During the thirty days preceding the survey, have you had at least one drink of any alcoholic beverage such as beer, wine, a malt beverage or liquor?

At risk: Those who answered "yes" are considered at risk.

Table 1: Any alcoholic drink (overall)

Any alcoholic drink	Frequency (n)
Had an alcoholic drink	238
No alcoholic drink	597

Figure 1: Any alcoholic drink (overall)
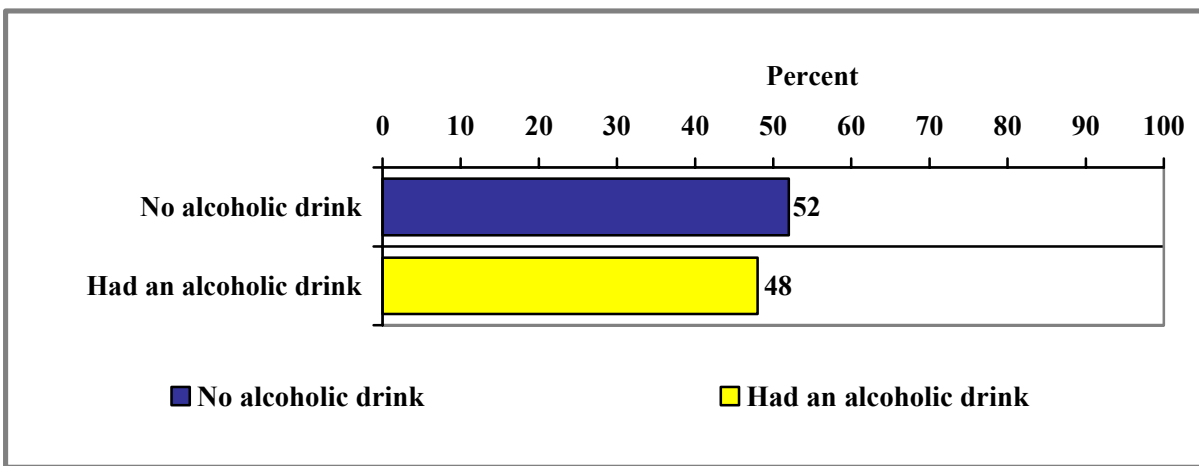
Alcohol Consumption (continued)

Question: During the thirty days preceding the survey, have you had at least one drink of any alcoholic beverage such as beer, wine, a malt beverage or liquor?

Figure 2: Any alcoholic drink (by selected characteristics)

Percent

Characteristic	No alcoholic drink	Had an alcoholic drink
Male	43	57
Female	60	40
Age 18-39	43	57
Age 40-64	54	46
Age 65+	60	40
< HS Education	74	26
HS Grad	50	50
College Grad	49	51
Under $20,000	49	51
$20,000 - $50,000	51	49
Over $50,000	49	51

■ No alcoholic drink   □ Had an alcoholic drink
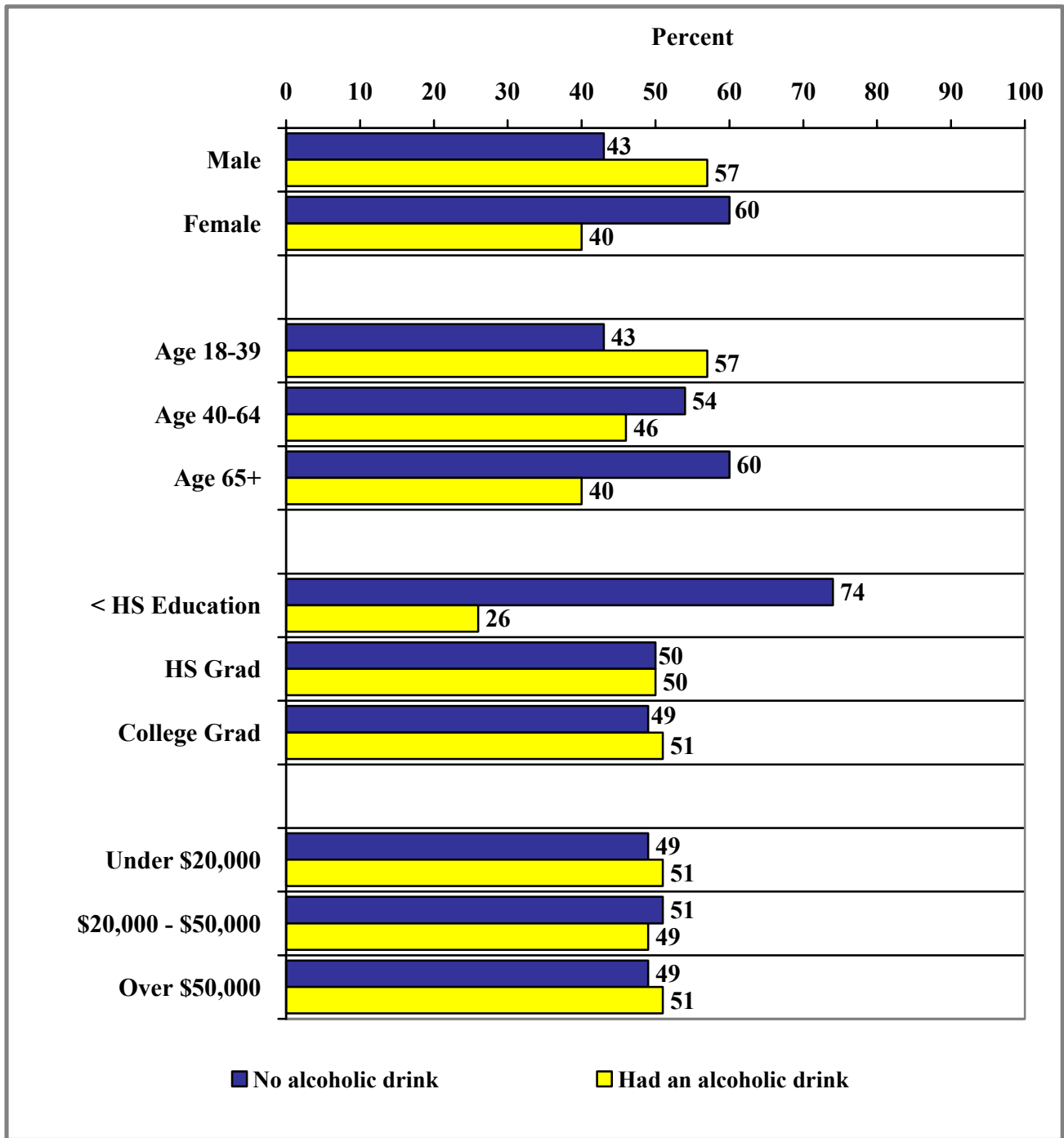
Alcohol Consumption (continued)

Binge Drinking

Risk Factor Definition: Binge drinking

Question: Considering all types of alcoholic beverages, how many times during the past month did you have five or more drinks on one occasion?

At risk: **Of those respondents who reported that they had at least one alcoholic drink in the thirty days preceding the survey,** those who reported that they had had five or more drinks in a row on one or more occasion during the past month are considered at risk.

Table 2: Binge drinking (overall)

Binge drinking	Frequency (n)
Binge drinking	64
No binge drinking	168

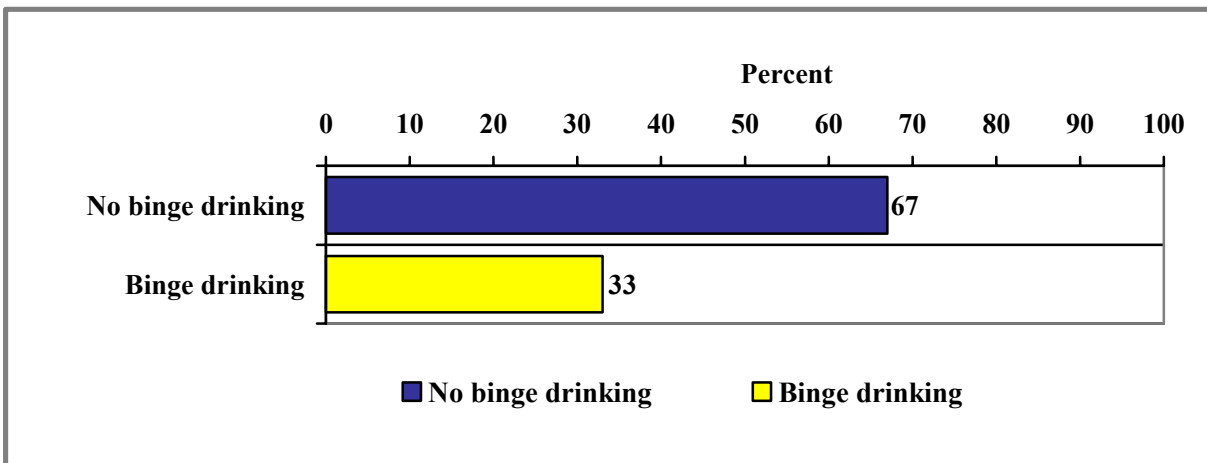Figure 3: Binge drinking (overall)

Alcohol Consumption (continued)

Question: Considering all types of alcoholic beverages, how many times during the past month did you have five or more drinks on one occasion?

<u>Figure 4:</u> Binge drinking (by selected characteristics)

Percent

Characteristic	No binge drinking	Binge drinking
Male	58	42
Female	77	23
Age 18-39	45	55
Age 40-64	72	28
Age 65+	93	7
< HS Education	58	42
HS Grad	63	37
College Grad	76	24
Under $20,000	31	69
$20,000 - $50,000	74	26
Over $50,000	70	30

■ No binge drinking　　□ Binge drinking
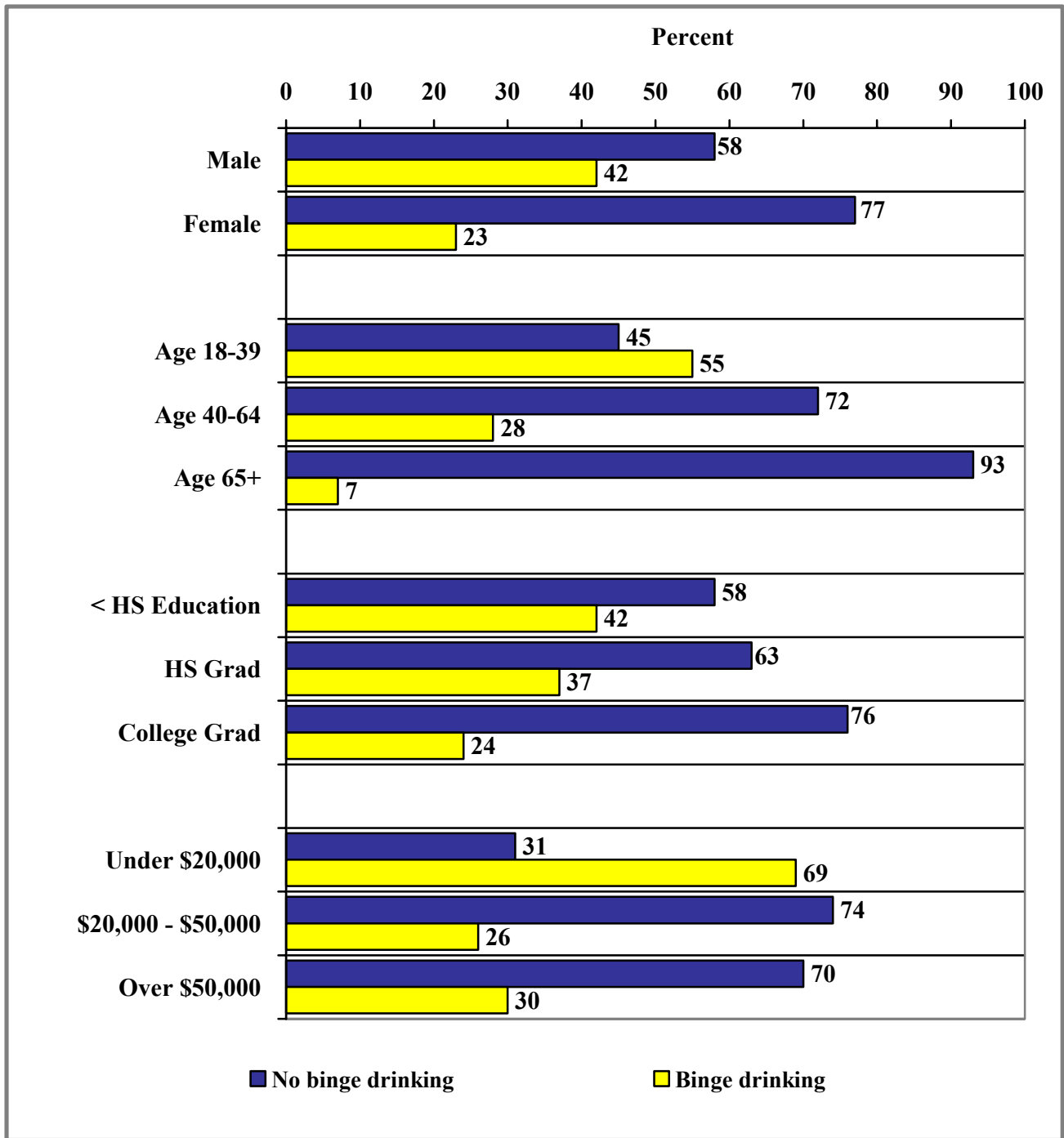
Tobacco Use

Questions regarding cigarette smoking, attempts to quit smoking, smoking in the household, and other uses of tobacco were asked as part of the Garland County Adult Health Survey. Cigarette smoking is the single most preventable cause of disease and death. Smoking is a major risk factor for heart disease, stroke, lung cancer, and chronic lung disease.

Cigarette Use

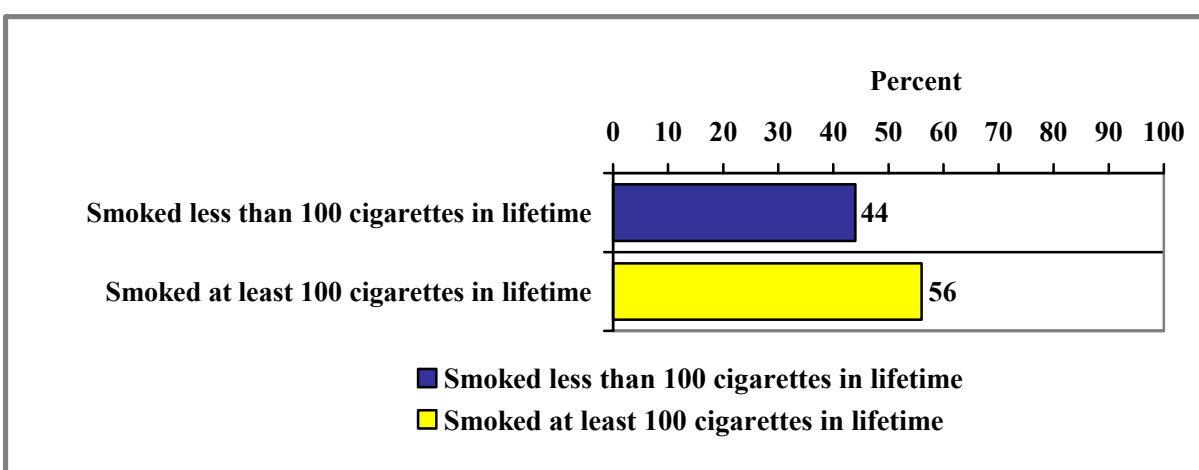**Risk Factor Definition: Ever smoked cigarettes**

Question: Have you smoked at least 100 cigarettes in your entire lifetime?

At risk: Those respondents who answered "yes" are considered at risk.

Table 1: Cigarette use (overall)

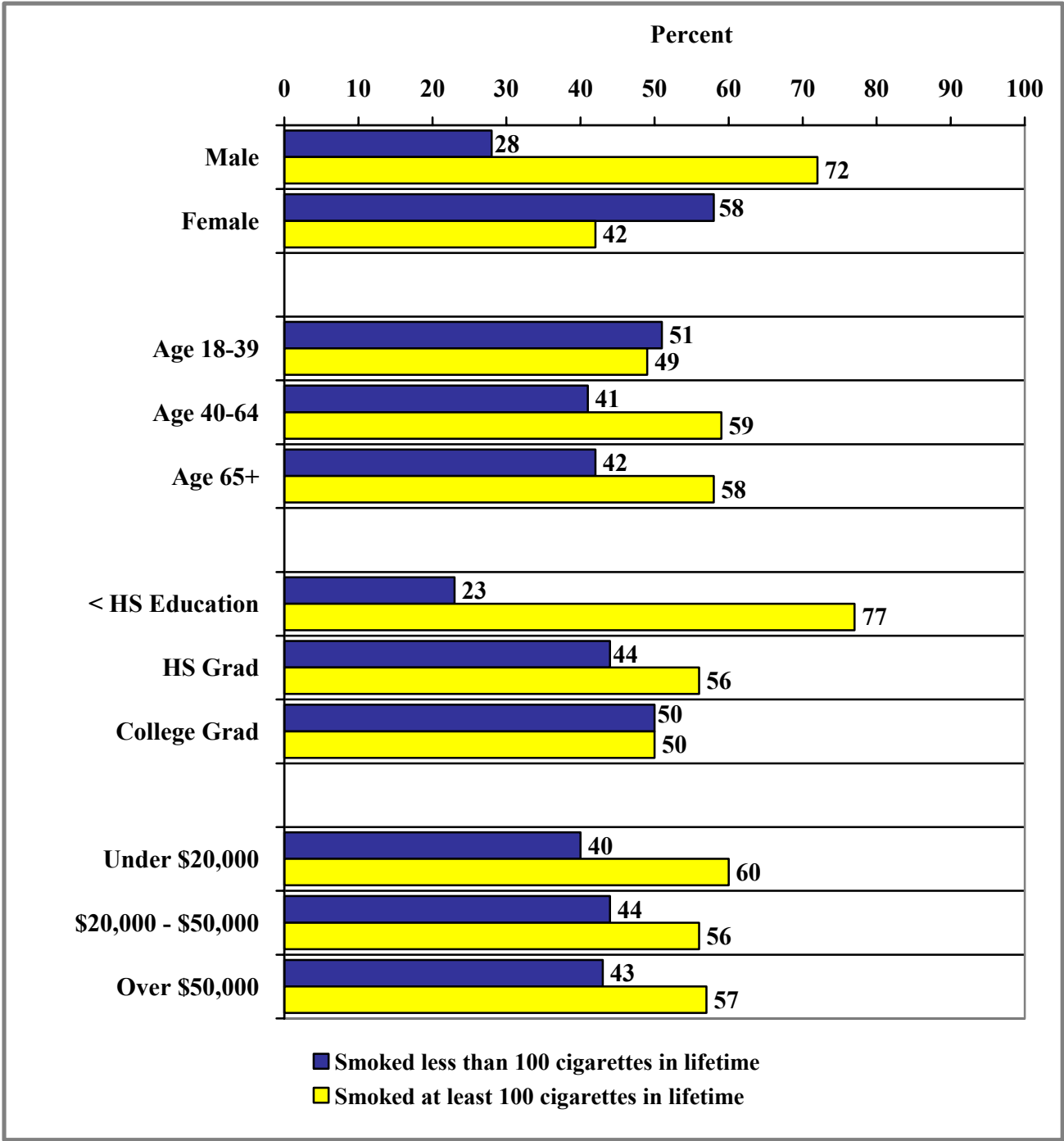| Cigarette use	Frequency (n)
Smoked at least 100 cigarettes in lifetime	478
Smoked less than 100 cigarettes in lifetime	355

Figure 1: Cigarette use (overall)

Tobacco Use (continued)

Question: Have you smoked at least 100 cigarettes in your entire lifetime?

Figure 2: Cigarette Use (by selected characteristics)

Percent

Characteristic	Smoked less than 100 cigarettes in lifetime	Smoked at least 100 cigarettes in lifetime
Male	28	72
Female	58	42
Age 18-39	51	49
Age 40-64	41	59
Age 65+	42	58
< HS Education	23	77
HS Grad	44	56
College Grad	50	50
Under $20,000	40	60
$20,000 - $50,000	44	56
Over $50,000	43	57

■ Smoked less than 100 cigarettes in lifetime
□ Smoked at least 100 cigarettes in lifetime

Tobacco Use (continued)

Current cigarette use

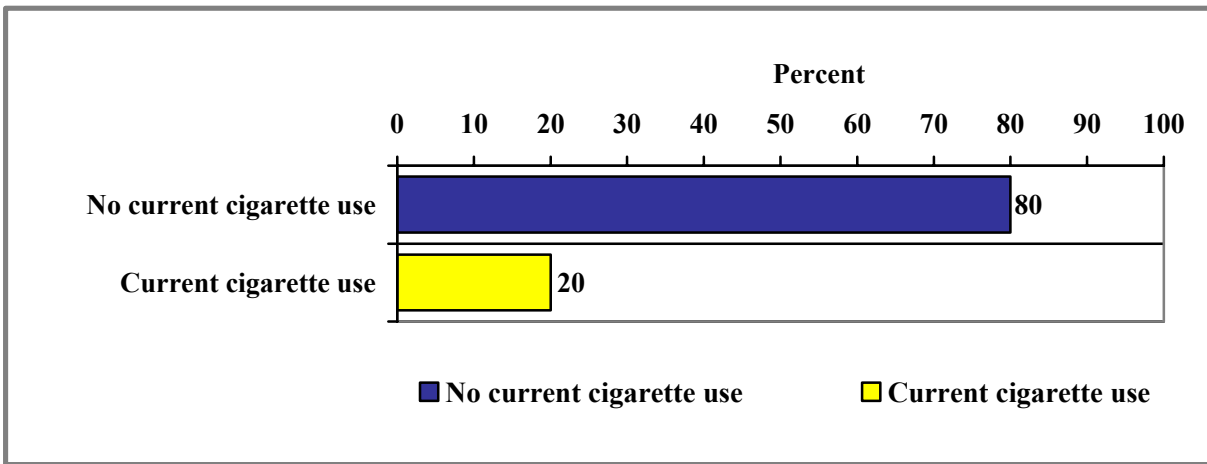**Risk Factor Definition: Currently smoke cigarettes**

Question: Do you smoke cigarettes every day, some days, or not at all?

At risk: Those respondents who reported that they now smoke cigarettes "every day" or "some days" (i.e. current cigarette use) are considered at risk.

Table 2: Current cigarette use (overall)

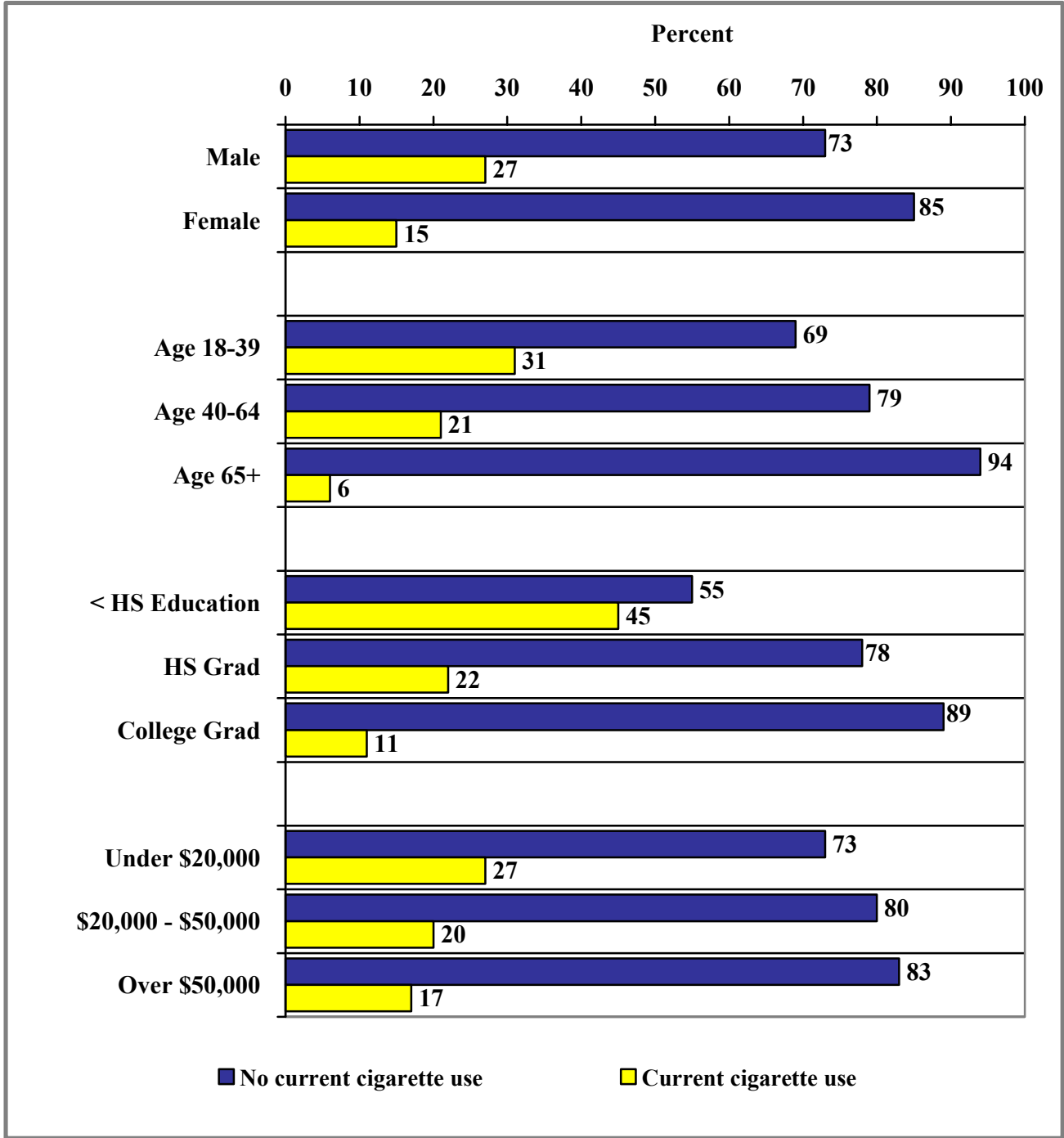| Current smoker	Frequency (n)
Current cigarette use	191
No current cigarette use	640

Figure 3: Current cigarette use (overall)

Tobacco Use (continued)

Question: Do you smoke cigarettes every day, some days, or not at all?

Figure 4: Current cigarette use (by selected characteristics)

Percent

Characteristic	No current cigarette use	Current cigarette use
Male	73	27
Female	85	15
Age 18-39	69	31
Age 40-64	79	21
Age 65+	94	6
< HS Education	55	45
HS Grad	78	22
College Grad	89	11
Under $20,000	73	27
$20,000 - $50,000	80	20
Over $50,000	83	17

■ No current cigarette use □ Current cigarette use

Tobacco Use (continued)

Cigarette Smoking Cessation

Risk Factor Definition: No smoking cessation (no attempts to quit smoking)

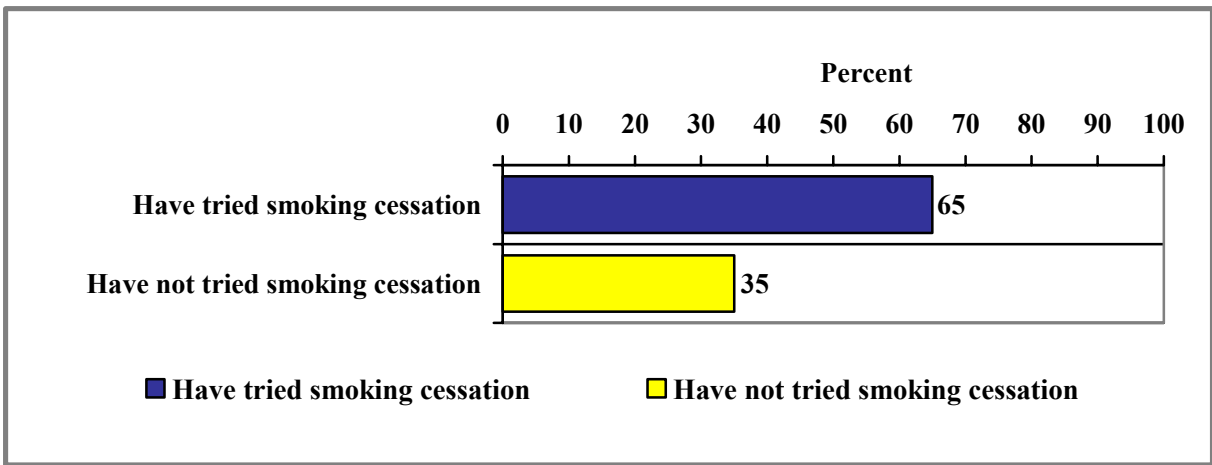Question: During the past 12 months, have you quit smoking for one day or longer?

At risk: **Of those adults who reported current cigarette use,** those respondents who reported that they had made no attempt to stop smoking for one day or longer during the twelve months preceding the survey are considered at risk for continued cigarette smoking.

Table 3: Smoking cessation (overall)

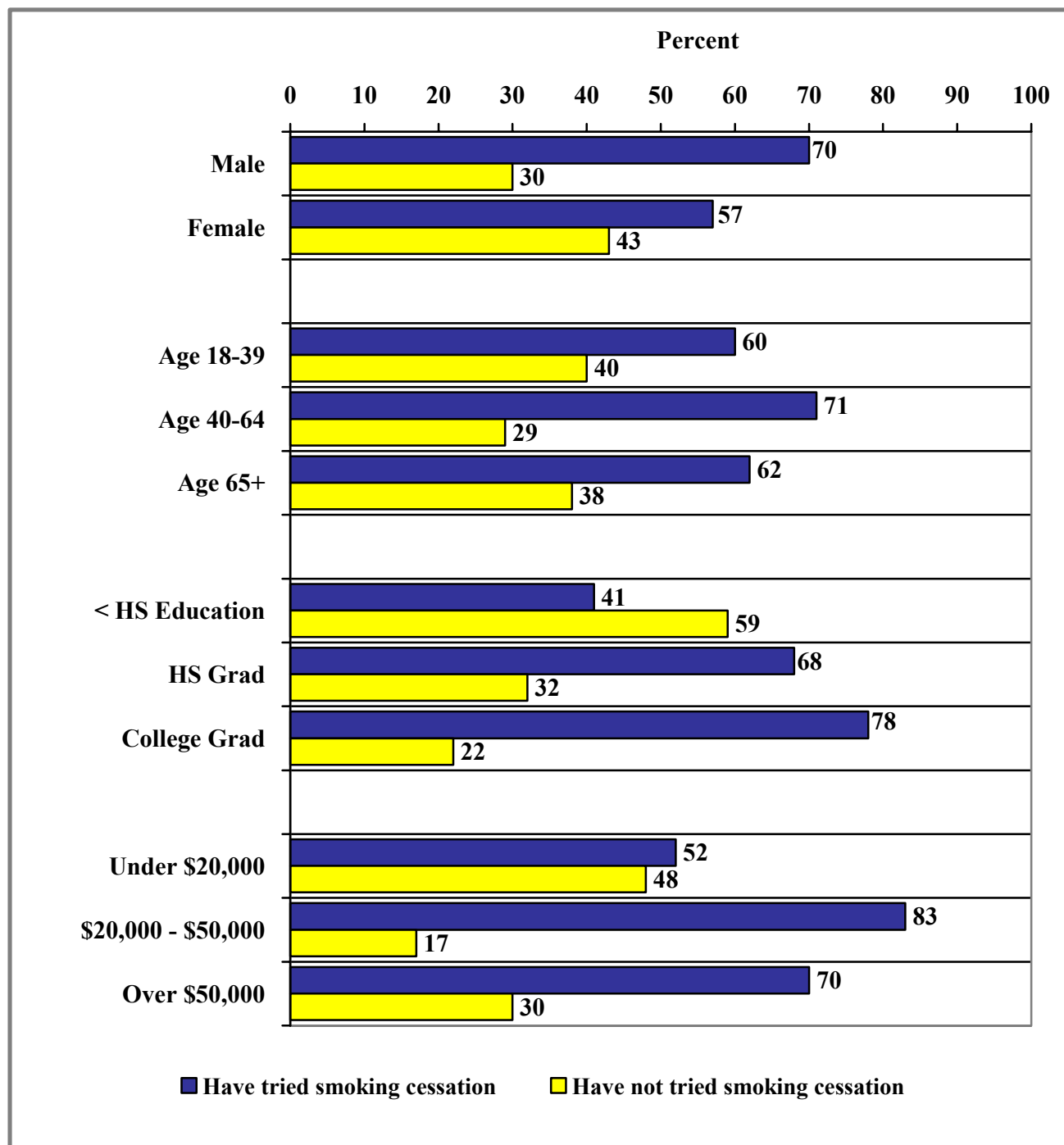| Smoking cessation	Frequency (n)
Have not tried smoking cessation	86
Have tried smoking cessation	105

Figure 5: Smoking cessation (overall)

Tobacco Use (continued)

Question: During the past 12 months, have you quit smoking for one day or longer?

Figure 6: Smoking cessation (by selected characteristics)

Percent

Characteristic	Have tried smoking cessation	Have not tried smoking cessation
Male	70	30
Female	57	43
Age 18-39	60	40
Age 40-64	71	29
Age 65+	62	38
< HS Education	41	59
HS Grad	68	32
College Grad	78	22
Under $20,000	52	48
$20,000 - $50,000	83	17
Over $50,000	70	30

■ Have tried smoking cessation   □ Have not tried smoking cessation

Tobacco Use (continued)

Smokeless Tobacco Use

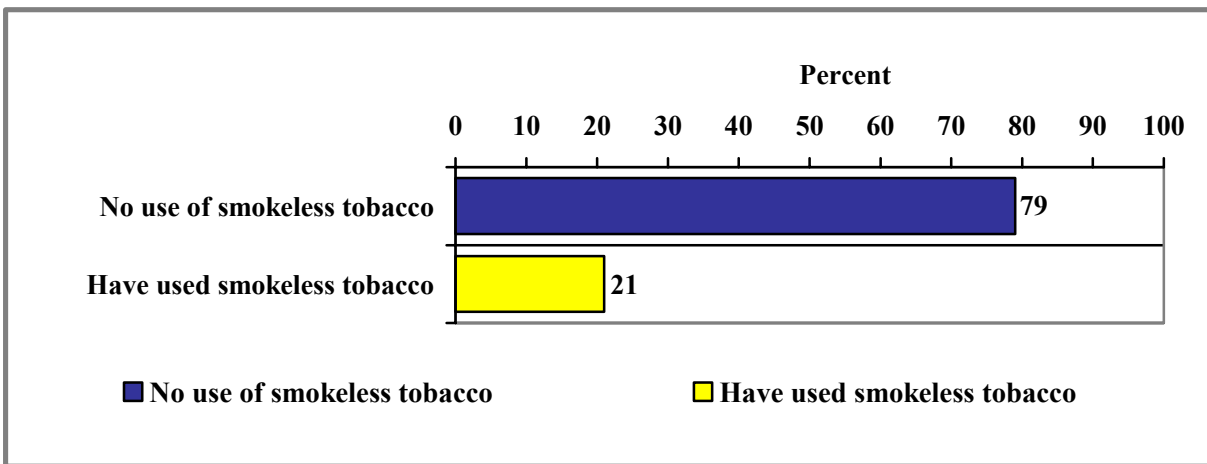**Risk Factor Definition: Ever smoked smokeless tobacco**

Question: Have you ever used or tried any smokeless tobacco products such as chewing tobacco or snuff?

At risk: Those who answered "yes" are considered at risk.

Table 4: Smokeless tobacco use (overall)

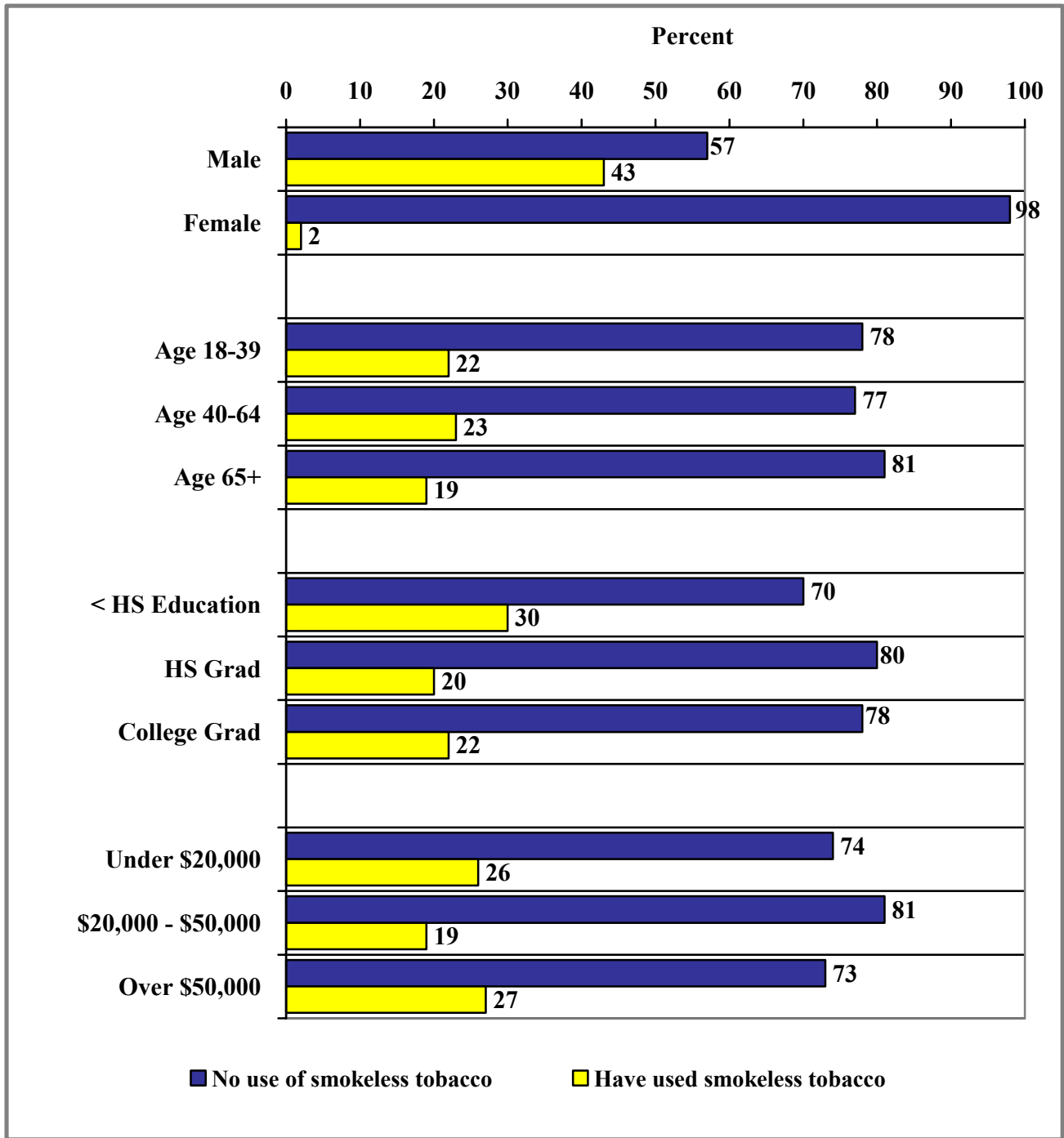| Smokeless tobacco use	Frequency (n)
Have used smokeless tobacco	163
No use of smokeless tobacco	643

Figure 7: Smokeless tobacco use (overall)

Tobacco Use (continued)

Question: **Have you ever used or tried any smokeless tobacco products such as chewing tobacco or snuff?**

Figure 8: Smokeless tobacco use (by selected characteristics)

Percent

Characteristic	No use of smokeless tobacco	Have used smokeless tobacco
Male	57	43
Female	98	2
Age 18-39	78	22
Age 40-64	77	23
Age 65+	81	19
< HS Education	70	30
HS Grad	80	20
College Grad	78	22
Under $20,000	74	26
$20,000 - $50,000	81	19
Over $50,000	73	27

■ No use of smokeless tobacco   ☐ Have used smokeless tobacco

Tobacco Use (continued)

Current Smokeless Tobacco Use

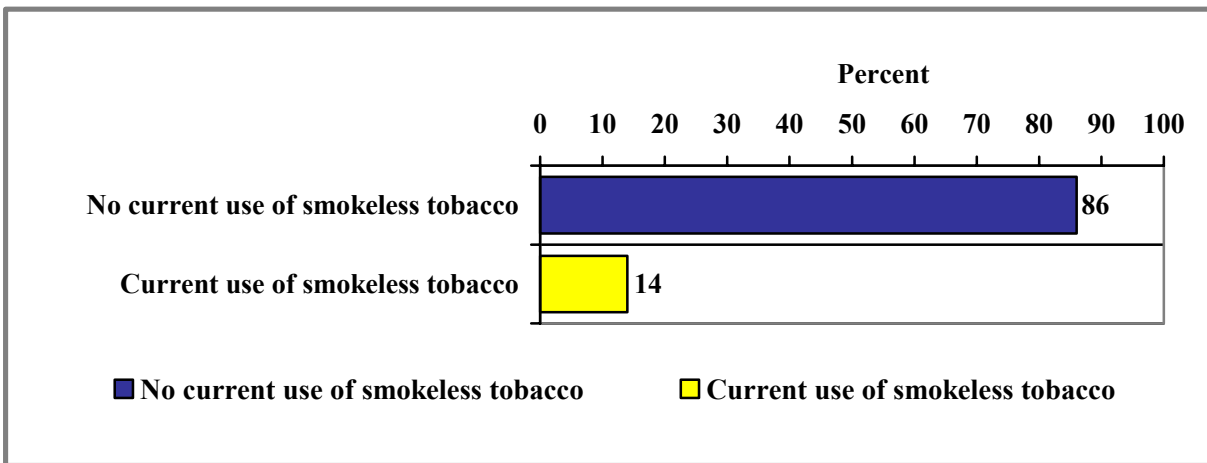**Risk Factor Definition: Current use of smokeless tobacco**

Question: Do you currently use chewing tobacco or snuff every day, some days, or not at all?

At risk: **Of those respondents who reported that they had ever tried chewing tobacco or snuff,** those who answered "every day" or "some days" (i.e. current chewing tobacco or snuff users) are considered at risk.

Table 5: Current smokeless tobacco use (overall)

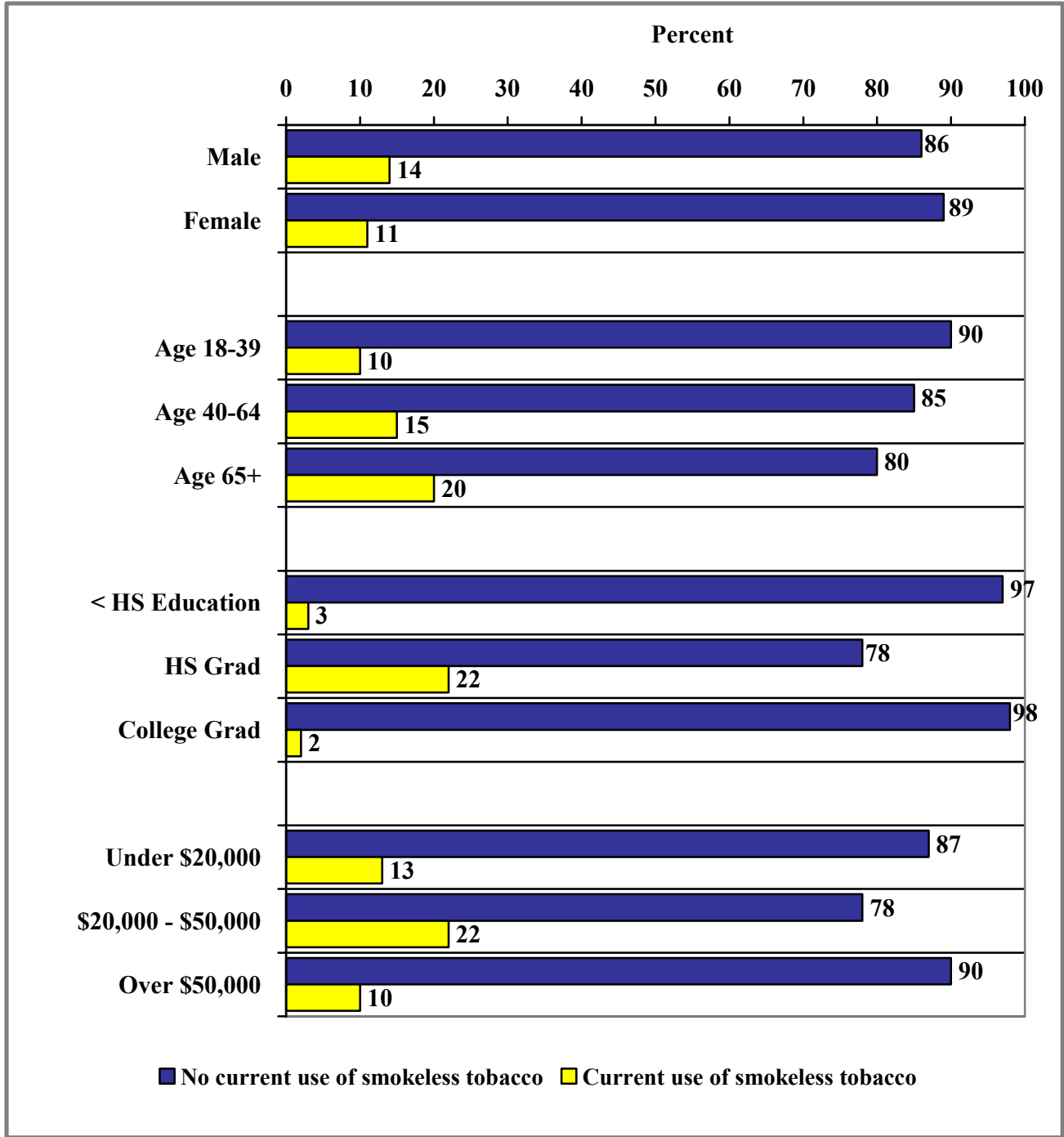| Current use of smokeless tobacco	Frequency (n)
Current use of smokeless tobacco	40
No current use of smokeless tobacco	122

Figure 9: Current smokeless tobacco use (overall)

Tobacco Use (continued)

Question: Do you currently use chewing tobacco or snuff every day, some days, or not at all?

Figure 10: Current smokeless tobacco use (by selected characteristics)

Percent

Category	No current use	Current use
Male	86	14
Female	89	11
Age 18-39	90	10
Age 40-64	85	15
Age 65+	80	20
< HS Education	97	3
HS Grad	78	22
College Grad	98	2
Under $20,000	87	13
$20,000 - $50,000	78	22
Over $50,000	90	10

■ No current use of smokeless tobacco ■ Current use of smokeless tobacco

Tobacco Use

Cigar Smoking

<u>Risk Factor Definition: Ever smoked a cigar</u>
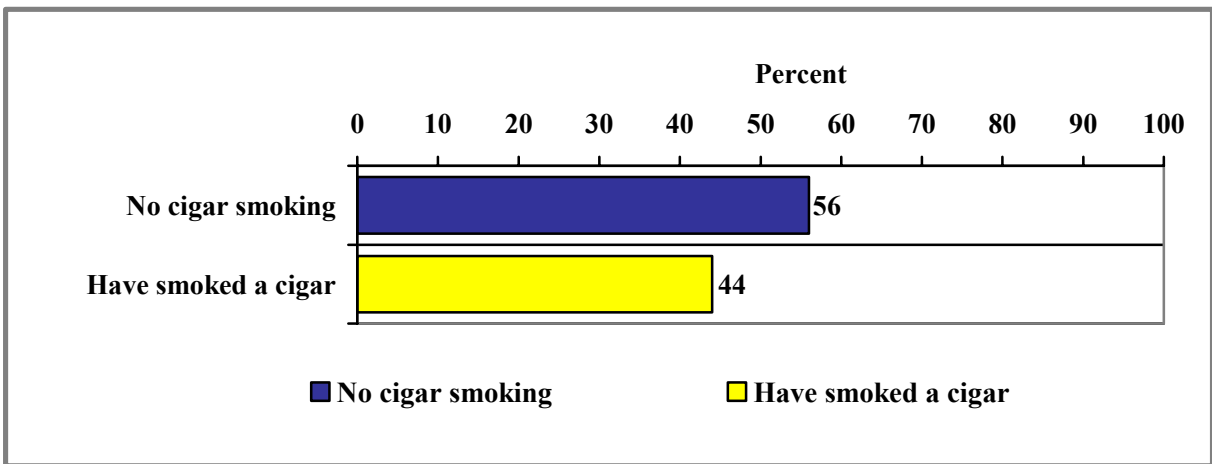
<u>Question:</u> Have you ever smoked a cigar, even one or two puffs?

<u>At risk:</u> Those who answered "yes" are considered at risk.

<u>Table 6:</u> Cigar smoking (overall)

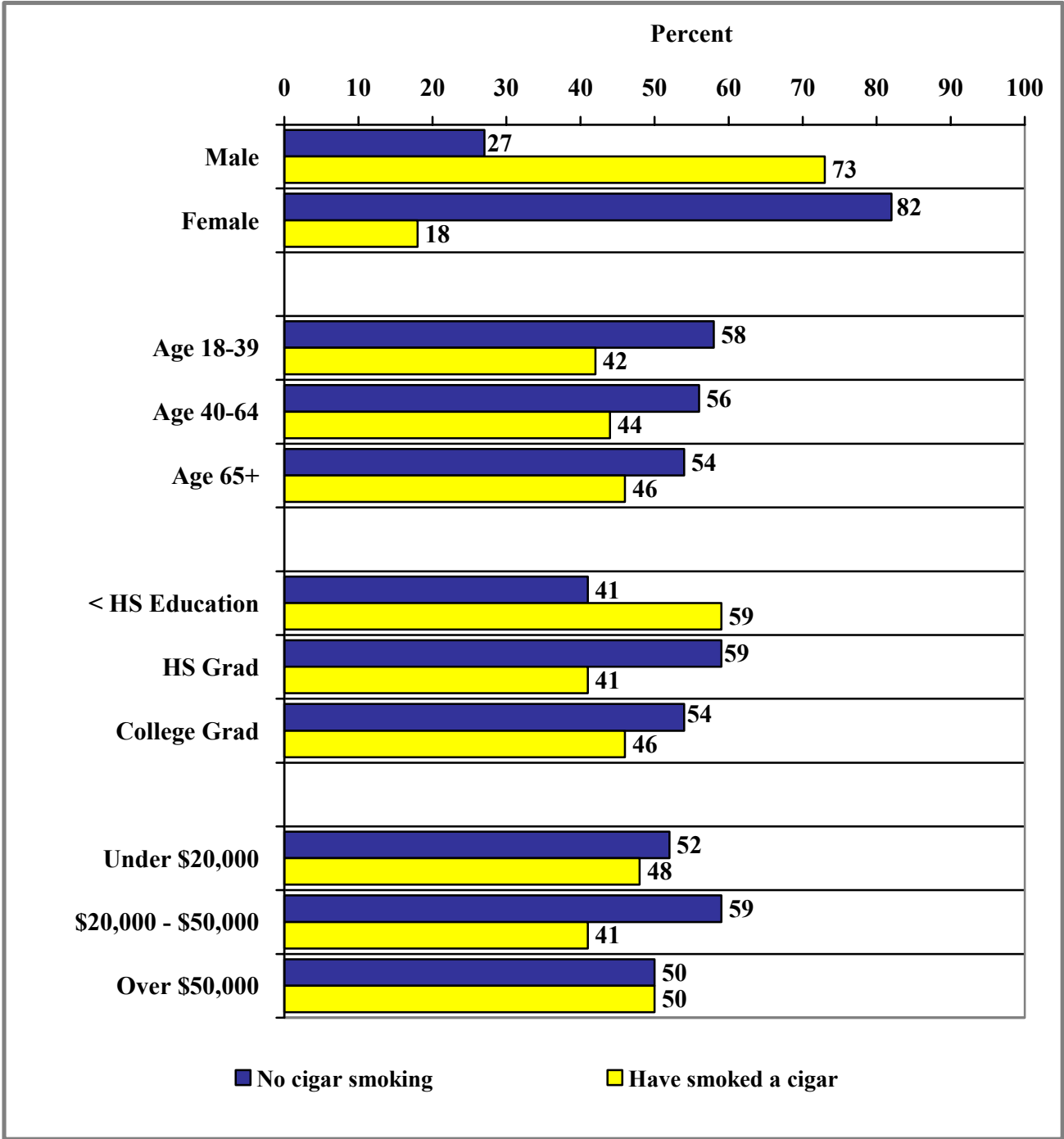| Cigar smoking	Frequency (n)
Have smoked cigar	344
No cigar smoking	462

<u>Figure 11</u>: Cigar smoking (overall)

Tobacco Use (continued)

Question: Have you ever smoked a cigar, even one or two puffs?

Figure 12: Cigar smoking (by selected characteristics)

Percent

Characteristic	No cigar smoking	Have smoked a cigar
Male	27	73
Female	82	18
Age 18-39	58	42
Age 40-64	56	44
Age 65+	54	46
< HS Education	41	59
HS Grad	59	41
College Grad	54	46
Under $20,000	52	48
$20,000 - $50,000	59	41
Over $50,000	50	50

■ No cigar smoking   □ Have smoked a cigar

Tobacco Use

Current Cigar Smoking

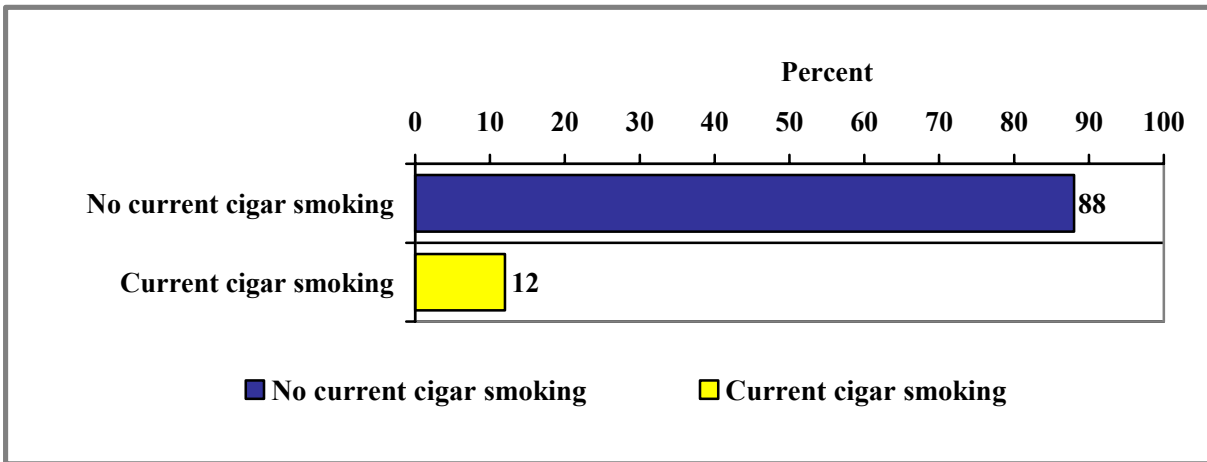**Risk Factor Definition: Current cigar smoking**

Question: Do you smoke cigars every day, some days, or not at all?

At risk: **Of those respondents who reported that they had ever smoked a cigar,** those who answered "every day" or "some days" (i.e. current cigar smokers) are considered at risk.

Table 7: Current cigar smoking (overall)

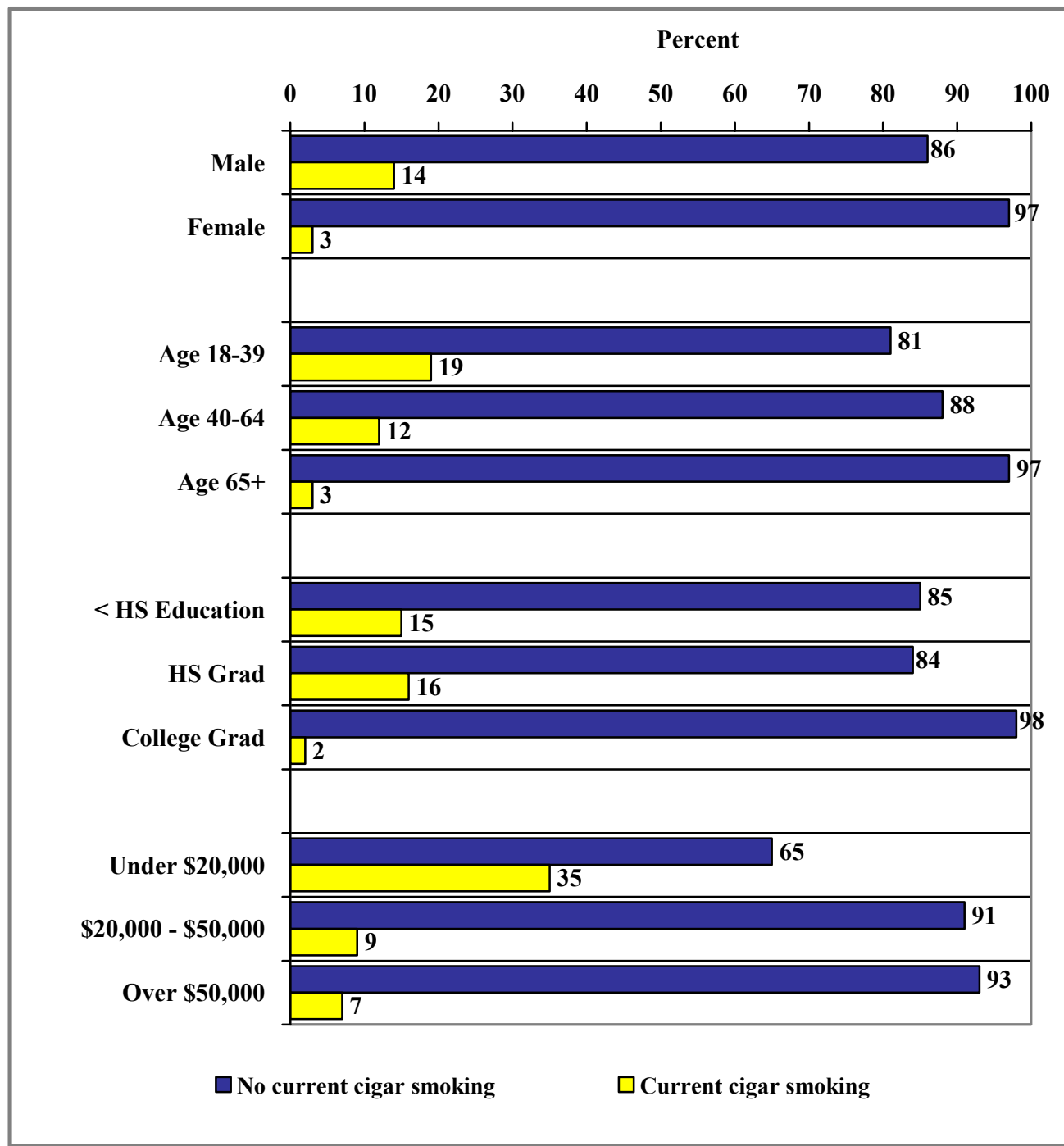| Current cigar smoking	Frequency (n)
Current cigar smoking	28
No current cigar smoking	315

Figure 13: Current cigar smoking (overall)

Tobacco Use (continued)

Question: Do you smoke cigars every day, some days, or not at all?

Figure 14: Current cigar smoking (by selected characteristics)

Percent

Characteristic	No current cigar smoking	Current cigar smoking
Male	86	14
Female	97	3
Age 18-39	81	19
Age 40-64	88	12
Age 65+	97	3
< HS Education	85	15
HS Grad	84	16
College Grad	98	2
Under $20,000	65	35
$20,000 - $50,000	91	9
Over $50,000	93	7

■ No current cigar smoking   □ Current cigar smoking

Tobacco Use

Pipe Smoking
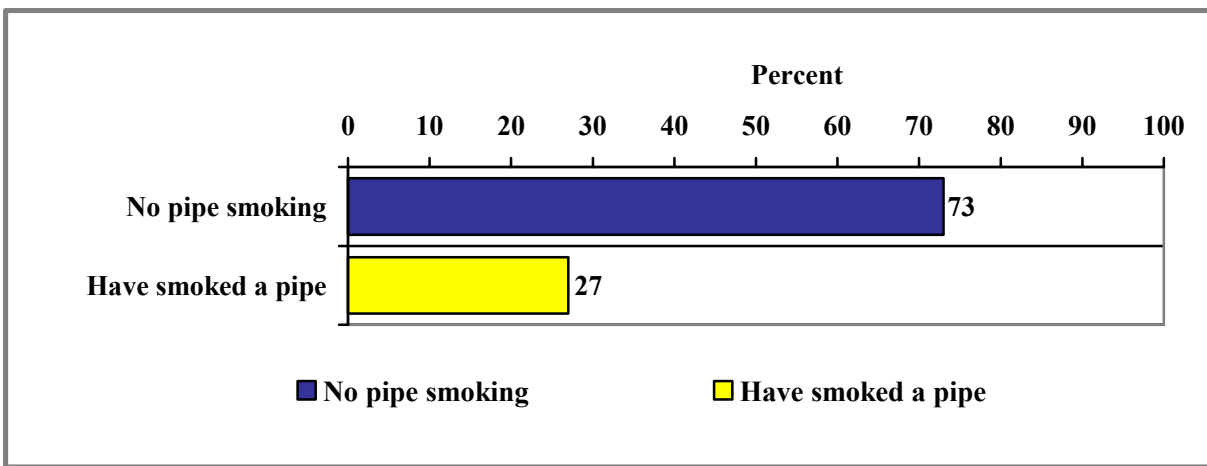
Risk Factor Definition: Ever smoked a pipe

Question: Have you ever smoked tobacco in a pipe, even one or two puffs?

At risk: Those who answered "yes" are considered at risk.

Table 8: Pipe smoking (overall)

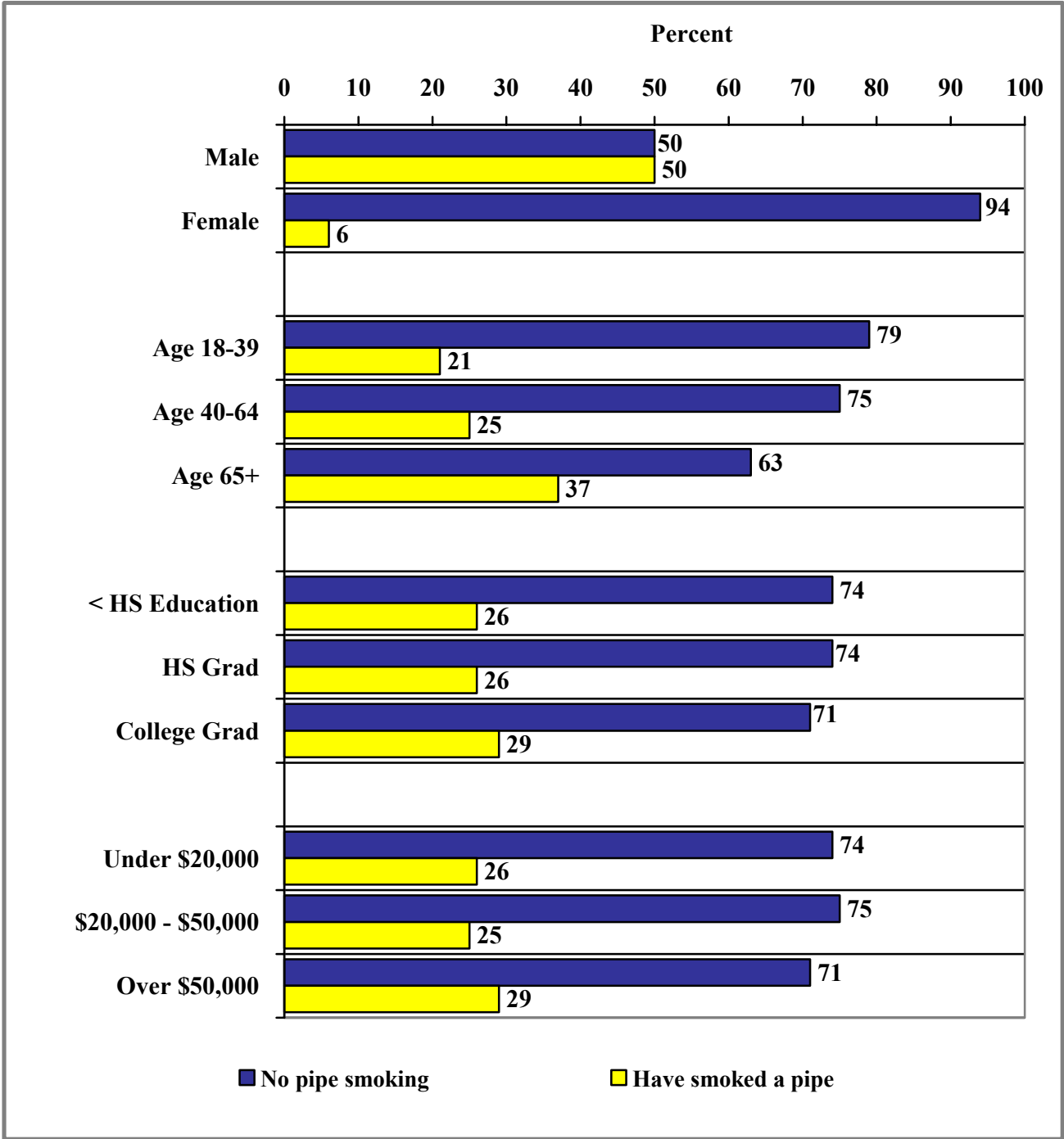| Pipe smoking	Frequency (n)
Have smoked a pipe	225
No pipe smoking	580

Figure 15: Pipe smoking (overall)

Tobacco Use (continued)

Question: Have you ever smoked tobacco in a pipe, even one or two puffs?

<u>Figure 16</u>: Pipe smoking (by selected characteristics)

Percent

Characteristic	No pipe smoking	Have smoked a pipe
Male	50	50
Female	94	6
Age 18-39	79	21
Age 40-64	75	25
Age 65+	63	37
< HS Education	74	26
HS Grad	74	26
College Grad	71	29
Under $20,000	74	26
$20,000 - $50,000	75	25
Over $50,000	71	29

■ No pipe smoking　　□ Have smoked a pipe

Tobacco Use

Current Pipe Smoking

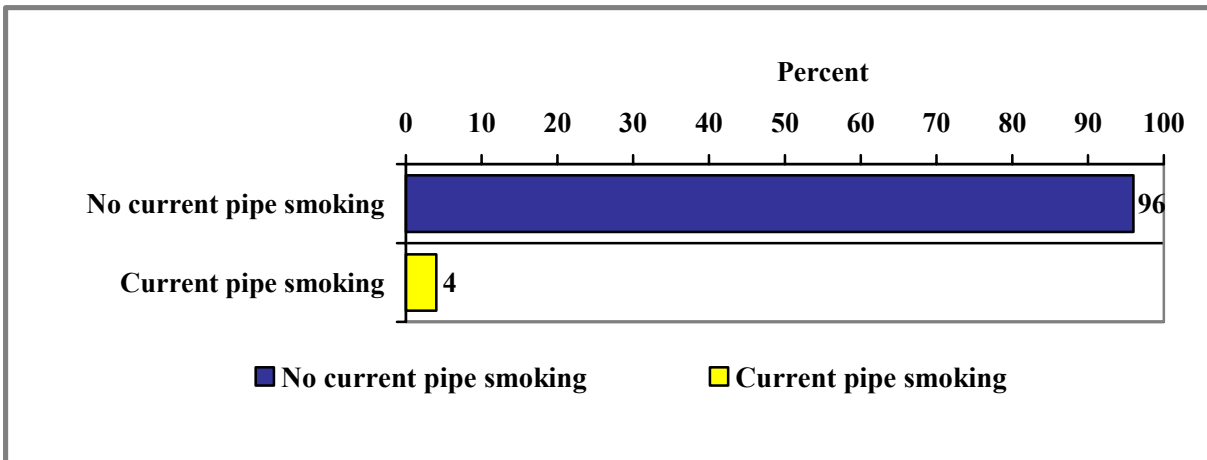**Risk Factor Definition: Current pipe smoking**

Question: Do you now smoke a pipe every day, some days, or not at all?

At risk: **Of those respondents who reported that they had ever smoked a pipe,** those adults who answered "every day" or "some days" (i.e. current pipe smokers) are considered at risk.

Table 9: Current pipe smoking (overall)

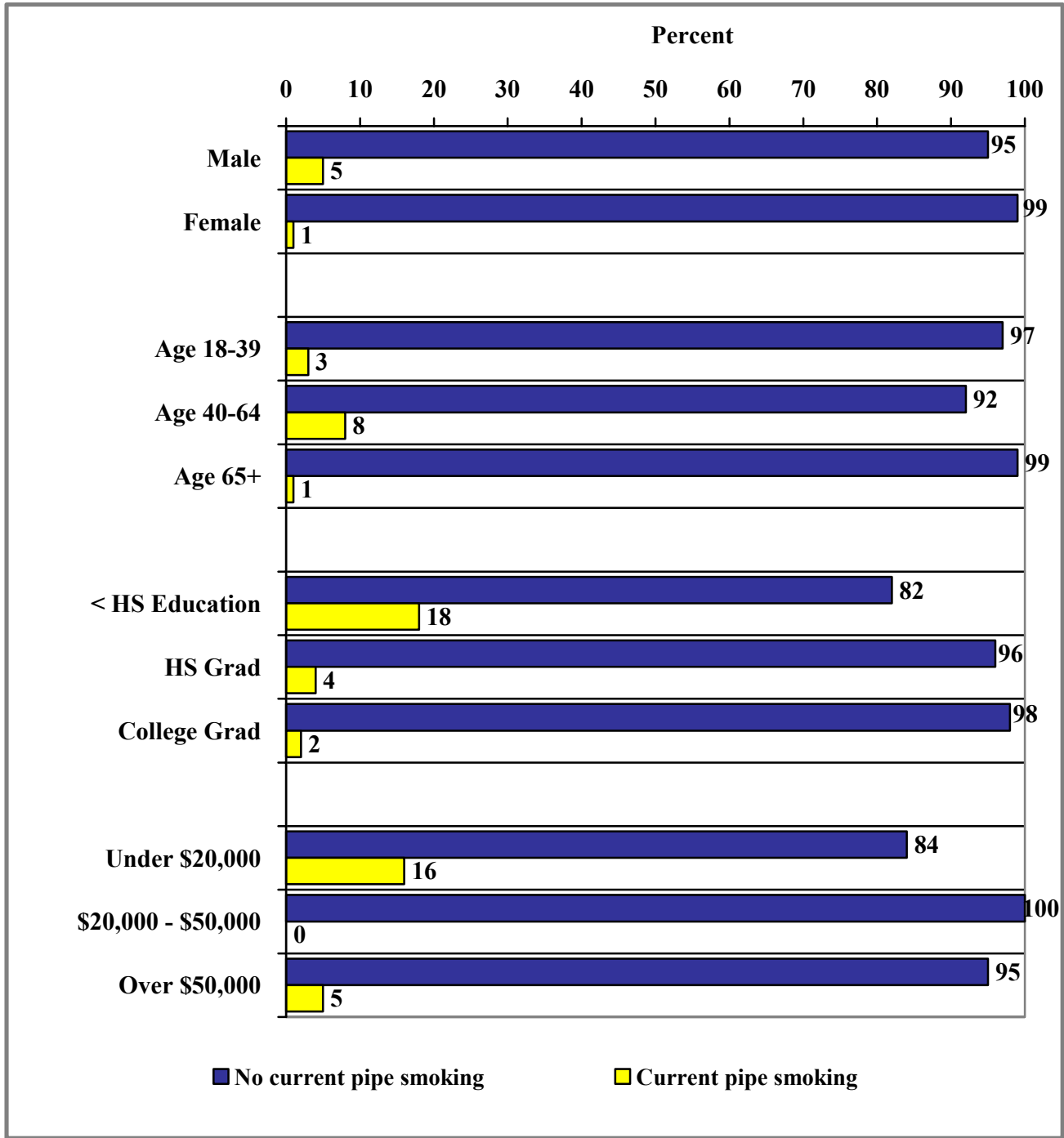| Current pipe smoking	Frequency (n)
Current pipe smoking	8
No current pipe smoking	216

Figure 17: Current pipe smoking (overall)

Tobacco Use (continued)

Question: Do you now smoke a pipe every day, some days, or not at all?

Figure 18: Current pipe smoking (by selected characteristics)

Percent

	No current pipe smoking	Current pipe smoking
Male	95	5
Female	99	1
Age 18-39	97	3
Age 40-64	92	8
Age 65+	99	1
< HS Education	82	18
HS Grad	96	4
College Grad	98	2
Under $20,000	84	16
$20,000 - $50,000	100	0
Over $50,000	95	5

■ No current pipe smoking   □ Current pipe smoking

Tobacco Use

Smoking in the Home

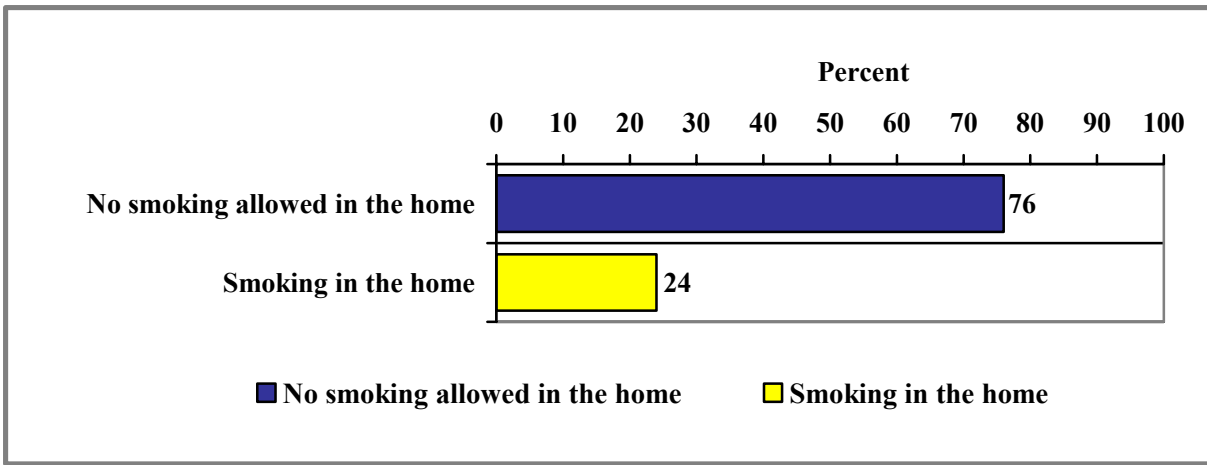**Risk Factor Definition: Smoking is allowed in the home**

Question: Which statement best describes the rules of smoking inside your home?

At risk: Those who did not indicate that smoking is not allowed anywhere inside the homes are considered at risk.

Table 10: Smoking in the home (overall)

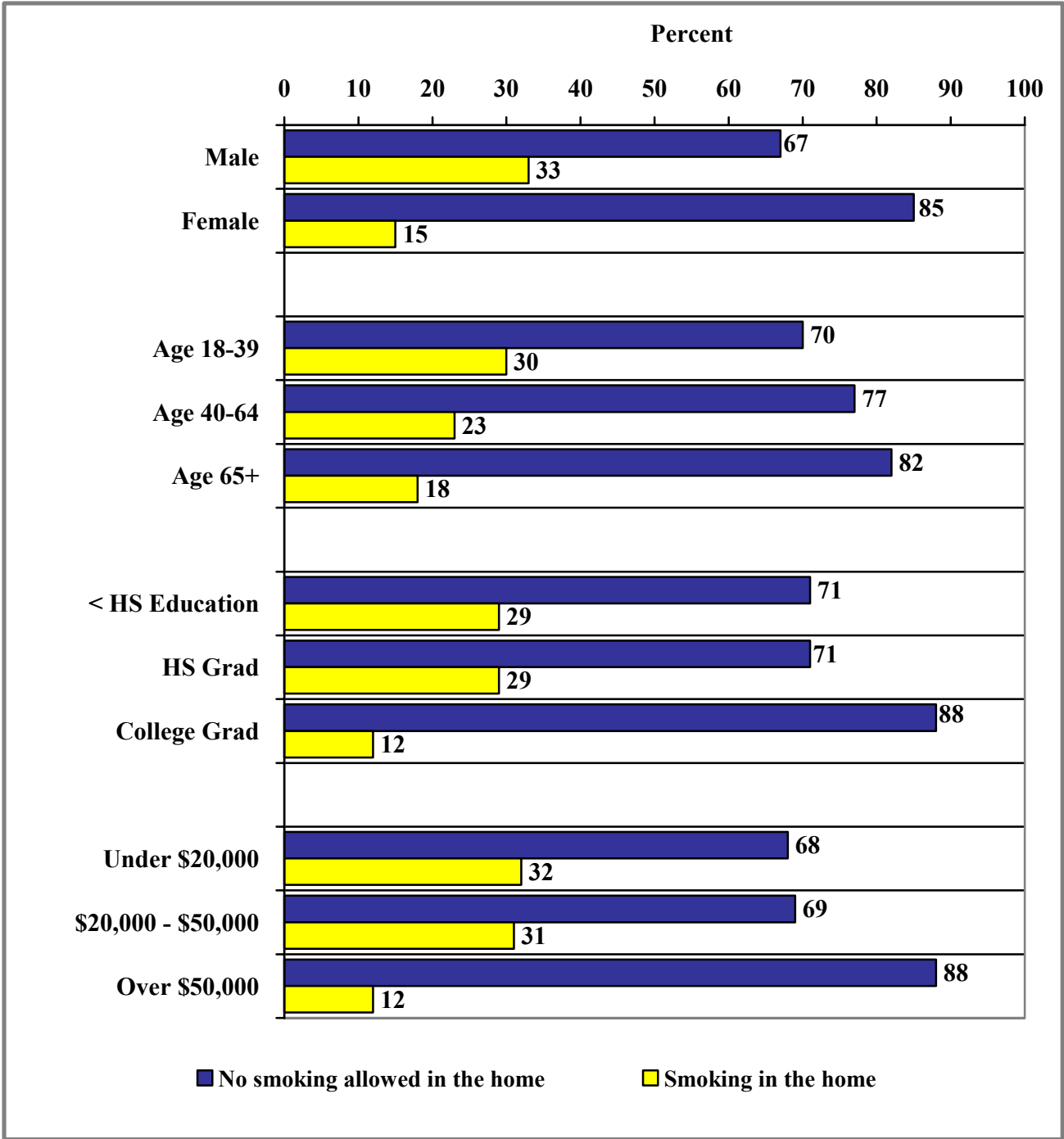| Smoking in the home	Frequency (n)
Smoking in the home	245
No smoking allowed in the home	558

Figure 19: Smoking in the home (overall)

Tobacco Use (continued)

Question: **Which statement best describes the rules of smoking inside your home?**

Figure 20: Smoking in the home (by selected characteristics)

Percent

Characteristic	No smoking allowed in the home	Smoking in the home
Male	67	33
Female	85	15
Age 18-39	70	30
Age 40-64	77	23
Age 65+	82	18
< HS Education	71	29
HS Grad	71	29
College Grad	88	12
Under $20,000	68	32
$20,000 - $50,000	69	31
Over $50,000	88	12

■ No smoking allowed in the home   □ Smoking in the home

Women's Health and
Risk Factors

Breast Cancer Screening and Knowledge

Breast cancer is the most frequently diagnosed cancer among Arkansas women, aside from skin cancer. According to the American Cancer Society, mammography is very valuable as an early detection tool, often identifying cancer before any physical symptoms develop. Early detection saves lives and increases treatment options.

Advertisements for mammogram tests

Risk Factor Definition: Have not noticed mammogram advertisements
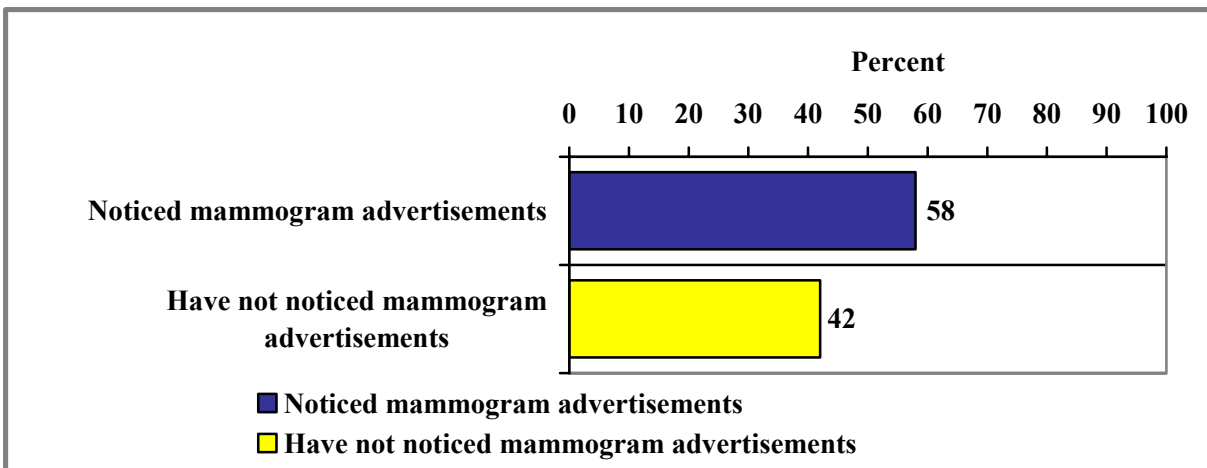
Question: In the past month, have you noticed any posters, billboards, commercials, or advertisements with a message about having a mammogram test?

At risk: Those who reported no sightings of posters, billboards, commercials, or advertisements with a message about having a mammogram test are considered at risk.

Table 1: Reported sightings of advertisements for mammogram tests (overall)

Advertisements for mammogram tests	Frequency(n)
Have not noticed mammogram advertisements	164
Noticed mammogram advertisements	350

Figure 1: Reported sightings of advertisements for mammogram tests (overall)
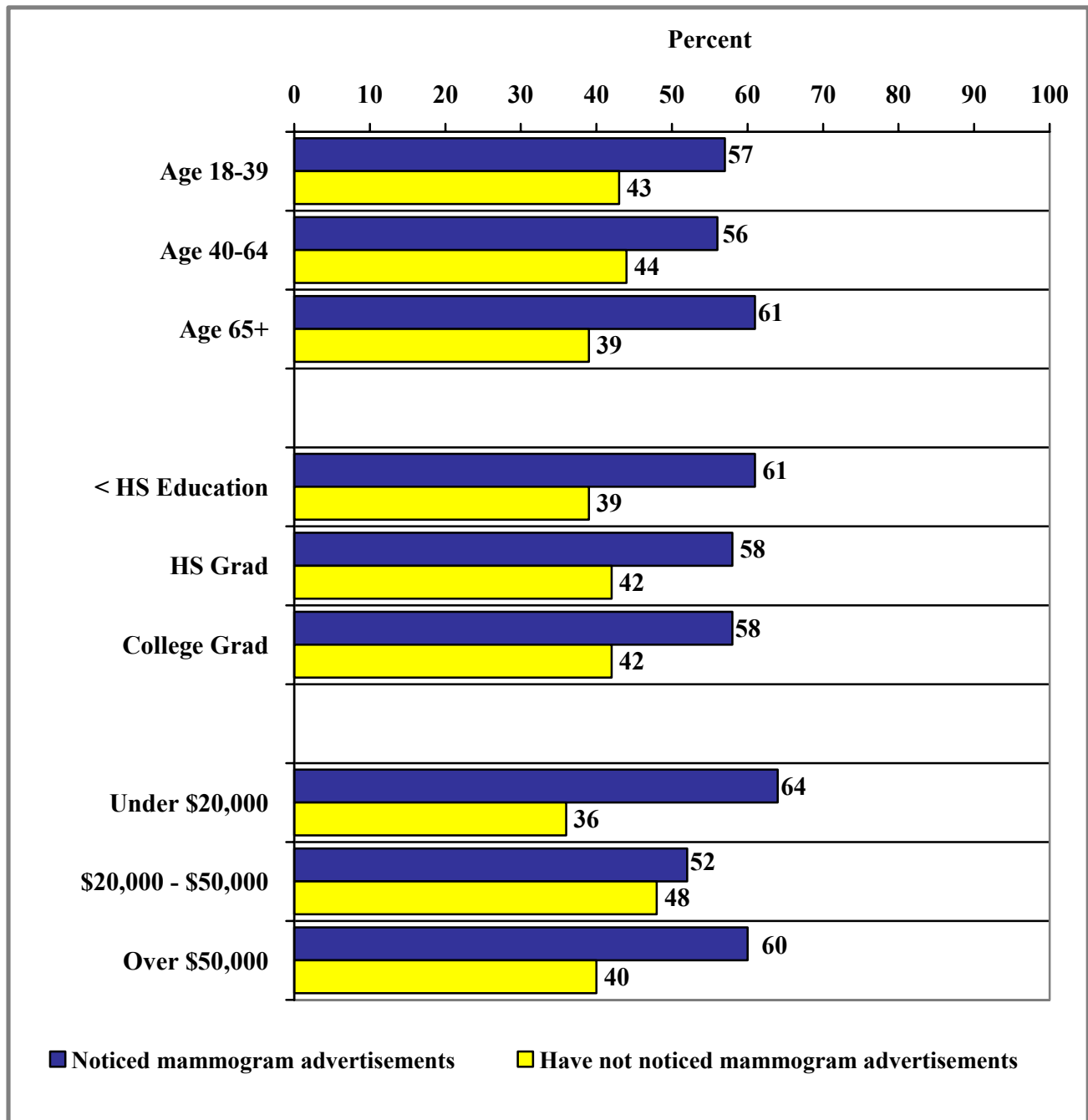
Breast Cancer Screening and Knowledge (continued)

Advertisements for mammogram tests

Question: In the past month, have you noticed any posters, billboards, commercials, or advertisements with a message about having a mammogram test?

Figure 2: Reported sightings of advertisements for mammogram tests (by selected characteristics)

Percent

Characteristic	Noticed mammogram advertisements	Have not noticed mammogram advertisements
Age 18-39	57	43
Age 40-64	56	44
Age 65+	61	39
< HS Education	61	39
HS Grad	58	42
College Grad	58	42
Under $20,000	64	36
$20,000 - $50,000	52	48
Over $50,000	60	40

■ Noticed mammogram advertisements   □ Have not noticed mammogram advertisements

Breast Cancer Screening and Knowledge (continued)

Free breast exams and mammograms

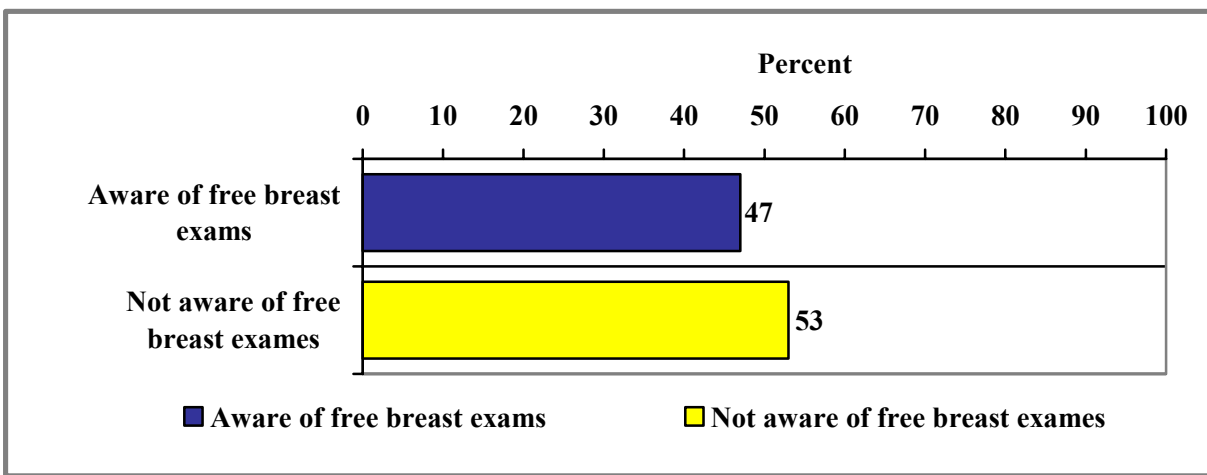**Risk Factor Definition: Not aware of free breast exams**

Question: Are you aware that BreastCare, a program of the local health department, offers free breast exams and mammograms to women age 40 and older?

At risk: Those reported that they were not aware that BreastCare, a program of the local health department, offers free breast exams and mammograms to women age 40 and older are considered at risk?

Table 2: Reported knowledge of free breast exams (overall)

Awareness of free breast exams	Frequency (n)
Not aware of free exams	259
Aware of free exams	261

Figure 3: Reported knowledge of free breast exams (overall)

Breast Cancer Screening and Knowledge (continued)

Free breast exams and mammograms

Question: Are you aware that BreastCare, a program of the local health department, offers free breast exams and mammograms to women age 40 and older?

<u>Figure 4</u>: Reported knowledge of free breast exams (by selected characteristics)
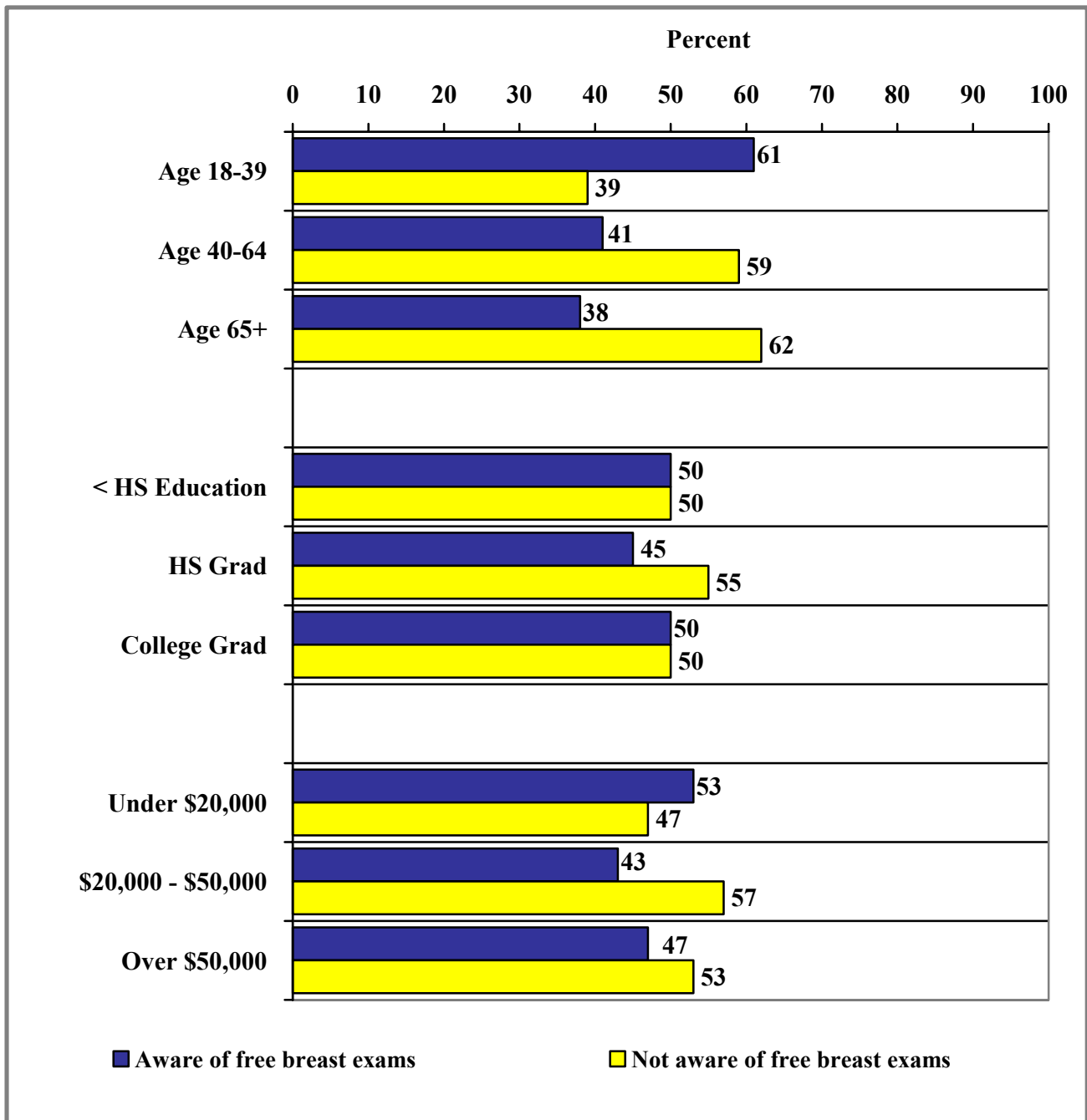
Breast Cancer Screening and Knowledge (continued)

Cost of mammogram test

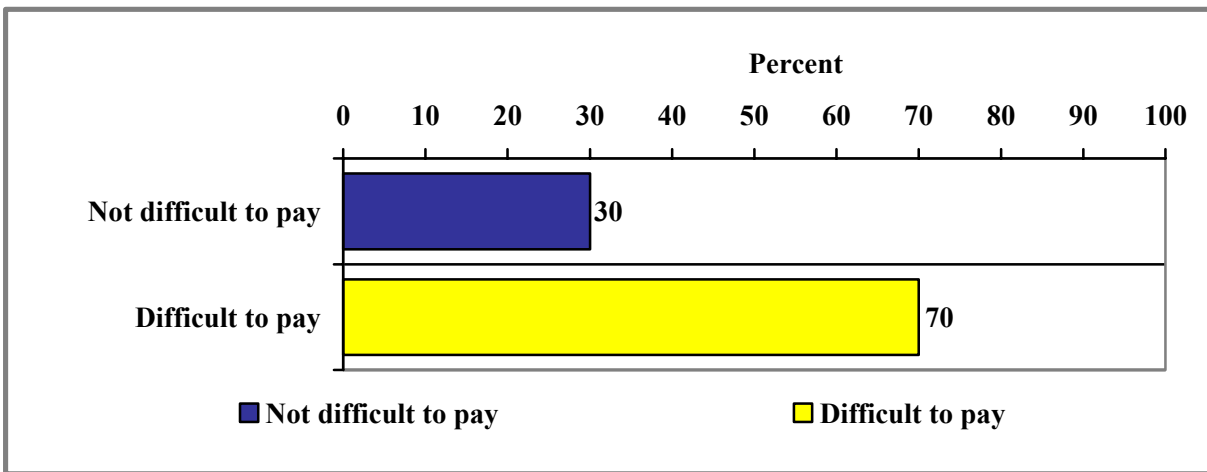**Risk Factor Definition: Difficult to pay for a mammogram test**

Question: How difficult would it be for you to pay for the cost of a mammogram test? Would you say difficult, somewhat difficult, a little difficult, or not at all difficult?

At risk: Those who reported that it would be difficult, somewhat difficult, or a little difficult are considered at risk?

Table 3: Reported ability to pay for a mammogram test (overall)

Difficult to pay	Frequency(n)
Difficult to pay	145
Not difficult to pay	36

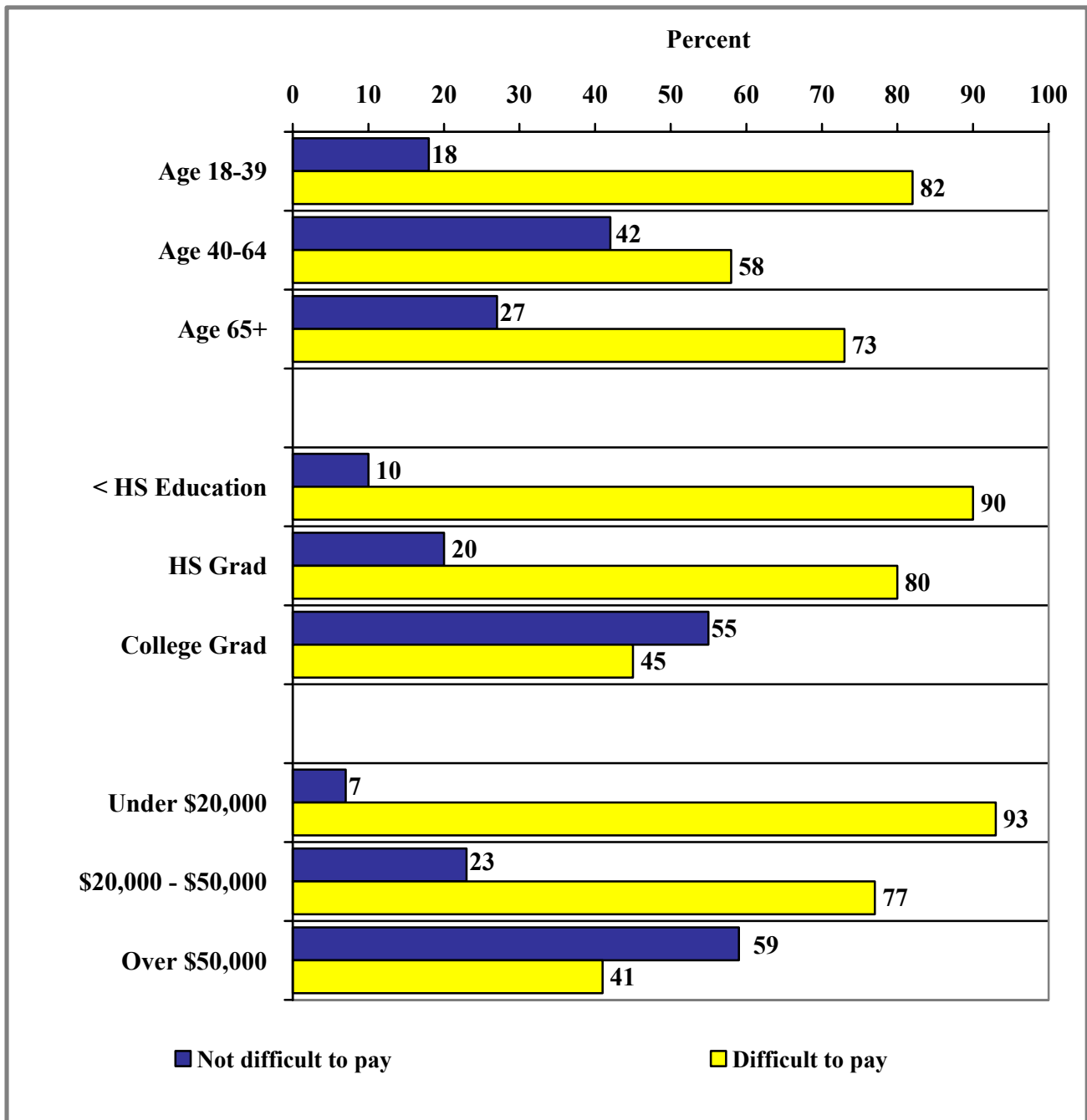Figure 5: Reported ability to pay for a mammogram test (overall)

Breast Cancer Screening and Knowledge (continued)

Cost of mammogram test

Question: How difficult would it be for you to pay for the cost of a mammogram test? Would you say difficult, somewhat difficult, a little difficult, or not at all difficult?

Figure 6: Reported ability to pay for a mammogram test (by selected characteristics)

Percent

Characteristic	Not difficult to pay	Difficult to pay
Age 18-39	18	82
Age 40-64	42	58
Age 65+	27	73
< HS Education	10	90
HS Grad	20	80
College Grad	55	45
Under $20,000	7	93
$20,000 - $50,000	23	77
Over $50,000	59	41

■ Not difficult to pay   □ Difficult to pay

Breast Cancer Screening and Knowledge (continued)

Breast Cancer Screening

A mammogram is an x-ray of each breast to look for breast cancer.

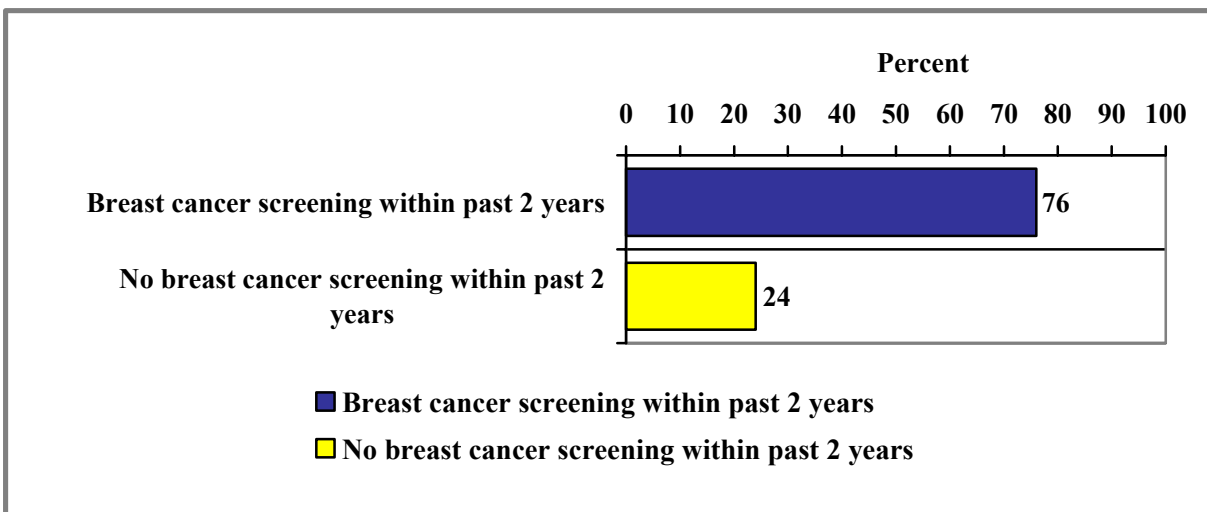**Risk Factor Definition: Women aged 40 years and older, no mammograms within the past two years**

Questions: 1.Have you ever had a mammogram? 2. How long has it been since your last mammogram?

At risk: Women 40 years and older who haven't had a mammogram in the past two years are considered at risk.

Table 4: Breast cancer screening within the past 2 years (overall)

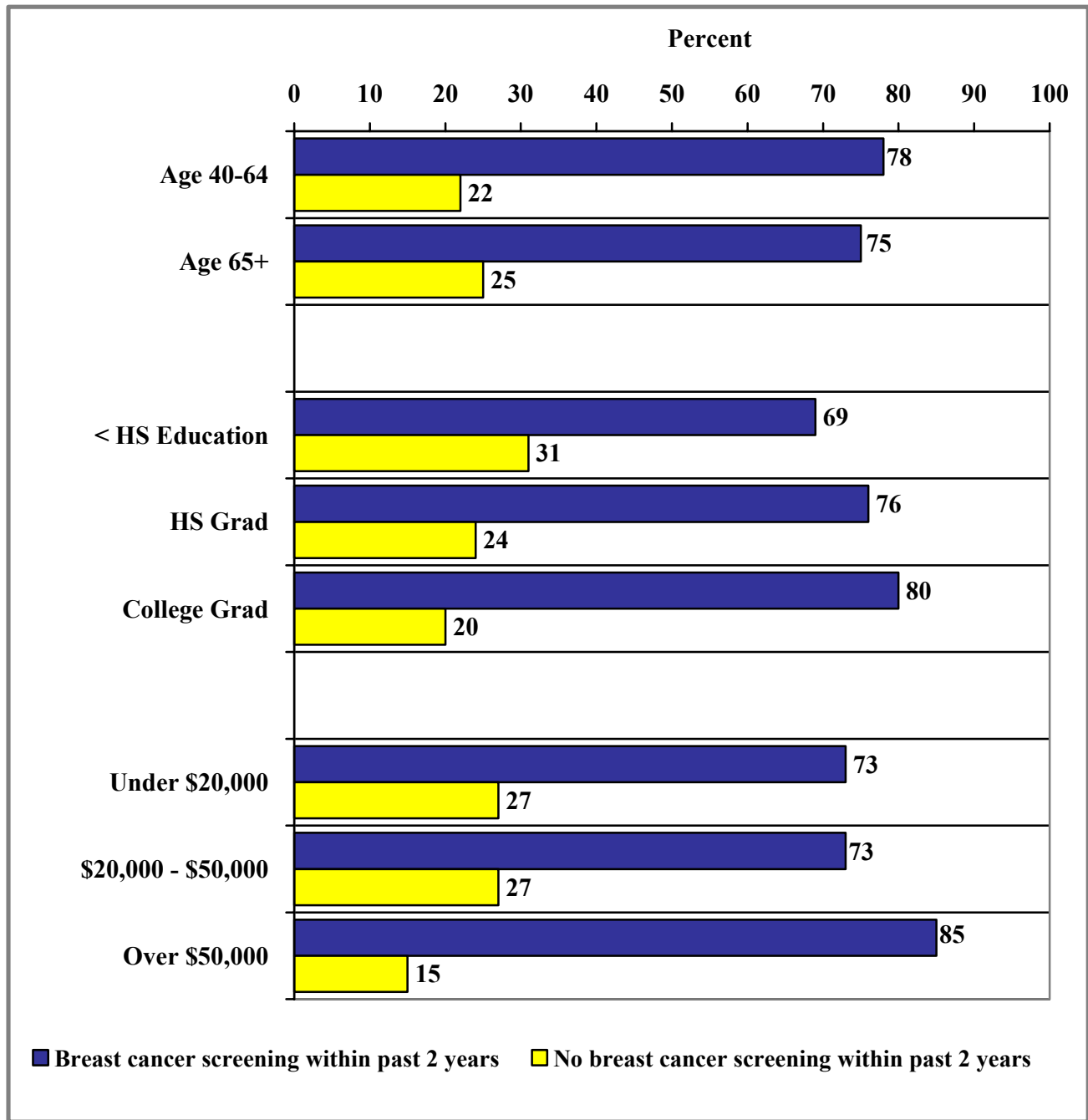| Breast cancer screening	Frequency (n)
No breast cancer screening within the past 2 years	130
Breast cancer screening within past 2 years	317

Figure 7: Breast cancer screening within the past 2 years (overall)

Breast Cancer Screening and Knowledge (continued)

Question: **1.Have you ever had a mammogram? 2. How long has it been since your last mammogram?**

Figure 8: Breast cancer screening within the past 2 years, by age, education and income (by selected characteristics)

Percent

- ■ Breast cancer screening within past 2 years
- □ No breast cancer screening within past 2 years

Category	Within past 2 years	No screening
Age 40-64	78	22
Age 65+	75	25
< HS Education	69	31
HS Grad	76	24
College Grad	80	20
Under $20,000	73	27
$20,000 - $50,000	73	27
Over $50,000	85	15

Other Women's Health Screening

Pap smear

Pap tests are used to detect cervical cancer in women. Early stages of cervical cancer often have no signs or symptoms. This makes it important for women to have regular Pap smear tests.

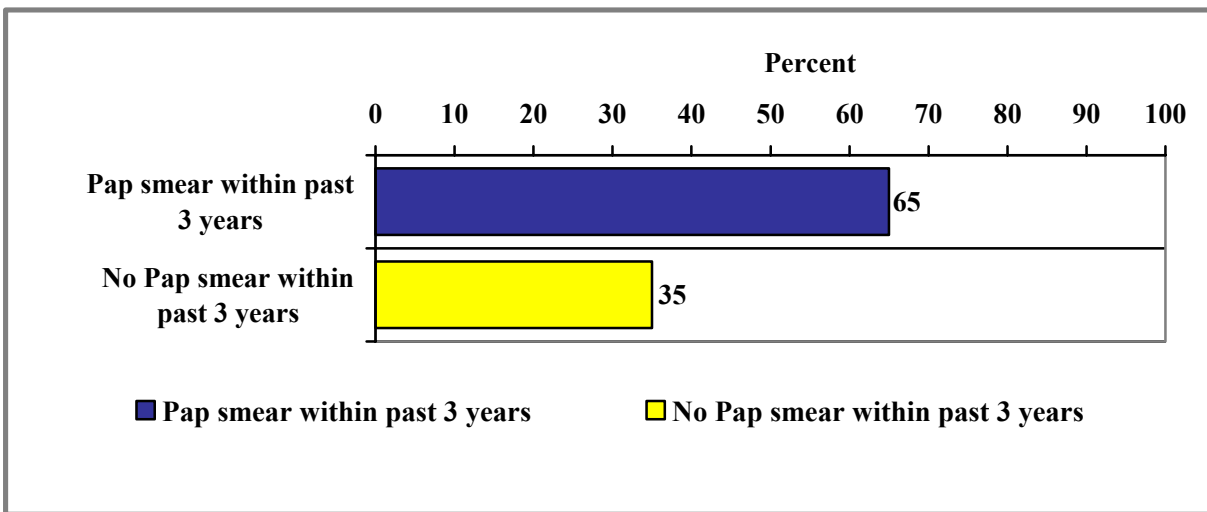**Risk Factor Definition: No Pap smear within the past three years**

Questions: 1. Have you ever had a Pap smear? 2. How long has it been since your last Pap smear?

At risk: Women 18 or older with an intact uterus who have not had a Pap smear within the past three years are considered at risk.

Table 5: Pap smear within the past three years (overall)

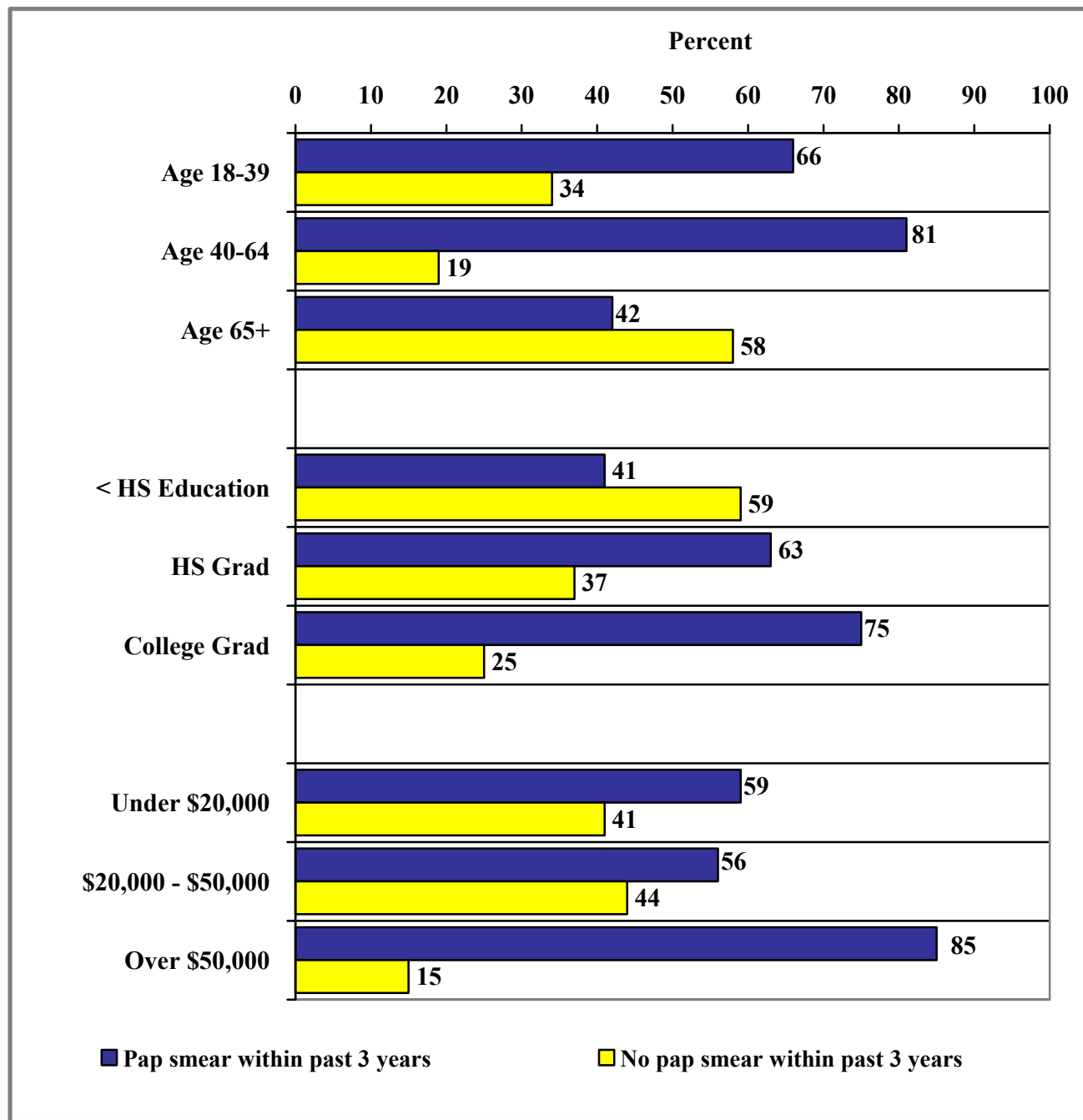| Cervical cancer screening	Frequency (n)
No pap smear within the past 3 years	190
Pap smear within the past 3 years	315

Figure 9: Pap smear within the past three years (overall)

Other Women's Health Screening (continued)

Questions: 1. Have you ever had a Pap smear? 2. How long has it been since your last Pap smear?

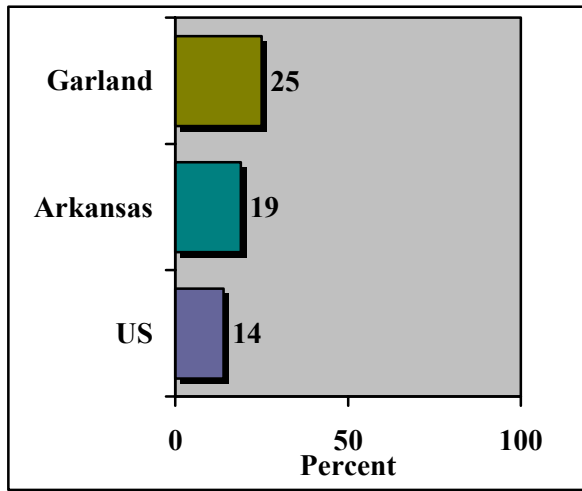Figure 10: Pap smear within the past three years (by selected characteristics)

Percent

Characteristic	Pap smear within past 3 years	No pap smear within past 3 years
Age 18-39	66	34
Age 40-64	81	19
Age 65+	42	58
< HS Education	41	59
HS Grad	63	37
College Grad	75	25
Under $20,000	59	41
$20,000 - $50,000	56	44
Over $50,000	85	15

■ **Pap smear within past 3 years**   □ **No pap smear within past 3 years**

Appendix A
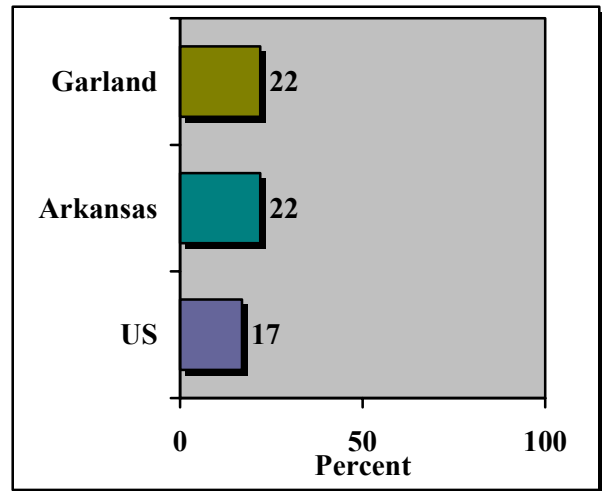
2009 Garland County
Comparison with State and national BRFSS

Garland County

2009 County Adult Health Survey
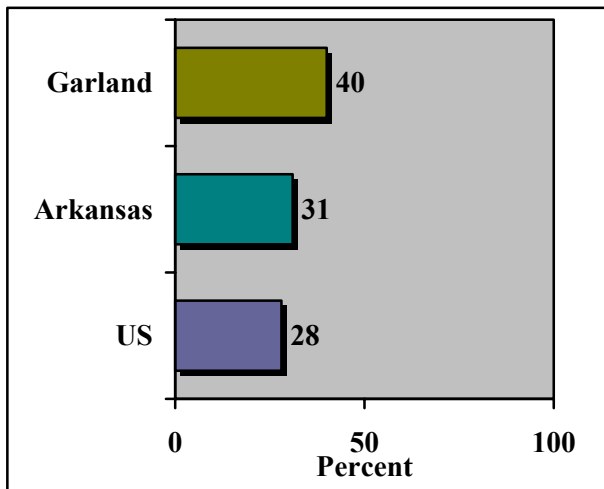Comparison with State and national BRFSS
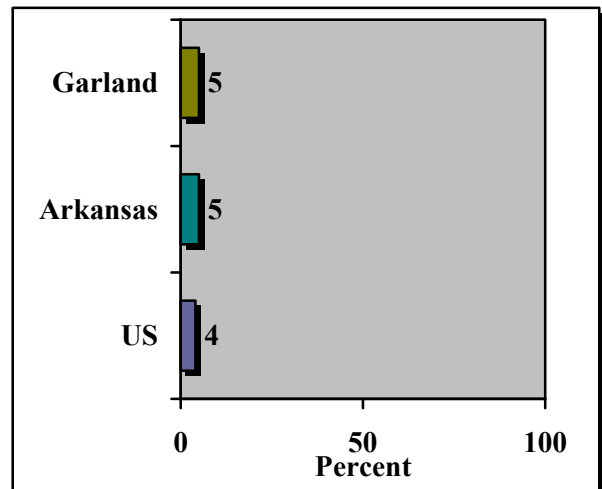
General health "fair" or "poor"

Garland	25
Arkansas	19
US	14

Percent (0, 50, 100)

No health care coverage

Garland	22
Arkansas	22
US	17

Percent (0, 50, 100)

Have high blood pressure

Garland	40
Arkansas	31
US	28

Percent (0, 50, 100)

Have had a myocardial infarction

Garland	5
Arkansas	5
US	4

Percent (0, 50, 100)

Sources: 2009 Garland County data obtained from County Adult Health survey. Arkansas and national data obtained from most recent BRFSS data (2007 and 2008).

Garland County

2009 County Adult Health Survey
Comparison with State and national BRFSS

Have had angina or CHD

Garland 7
Arkansas 6
US 4

Percent
0   50   100

Have had a stroke

Garland 3
Arkansas 4
US 3

Percent
0   50   100

Have had asthma

Garland 13
Arkansas 13
US 14

Percent
0   50   100

Have diabetes

Garland 12
Arkansas 10
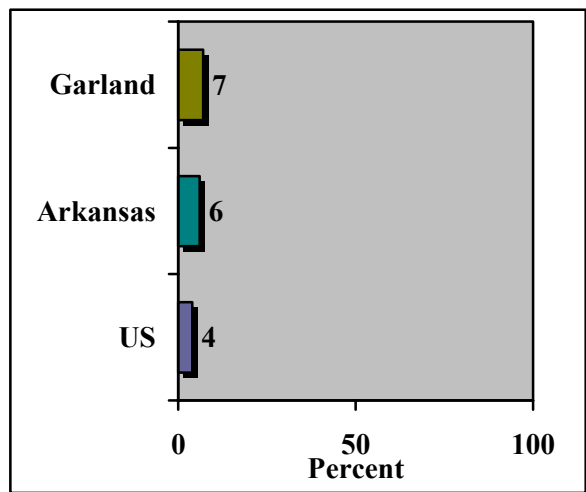US 8

Percent
0   50   100

Sources: 2009 Garland County data obtained from County Adult Health survey. Arkansas and national data obtained from most recent BRFSS data (2007 and 2008).
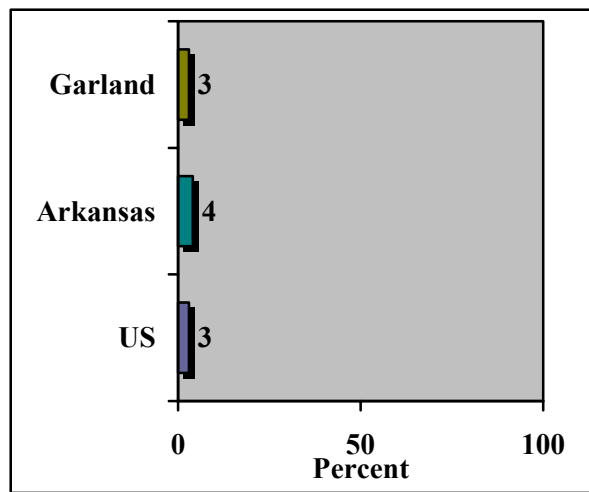
Garland County

2009 County Adult Health Survey
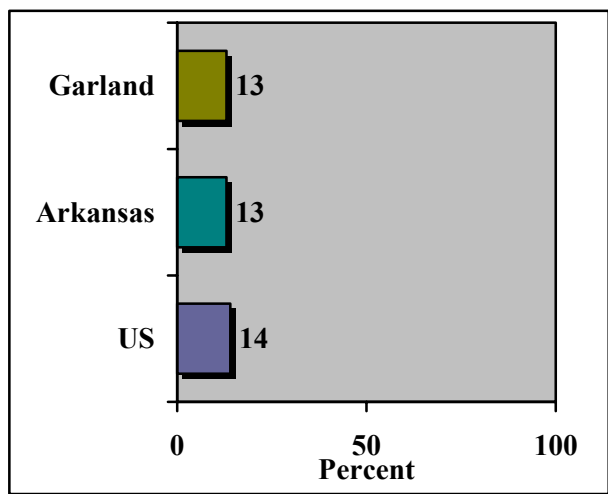Comparison with State and national BRFSS

Have arthritis

Garland	30
Arkansas	31
US	28

0 50 100
Percent

Over 50 years and not screened for colorectal cancer

Garland	34
Arkansas	45
US	38

0 50 100
Percent

Permanent teeth extraction

Garland	52
Arkansas	54
US	44

0 50 100
Percent

Last dental visit one year or more ago

Garland	34
Arkansas	37
US	29

0 50 100
Percent

Sources: 2009 Garland County data obtained from County Adult Health survey. Arkansas and national data obtained from most recent BRFSS data (2007 and 2008).

Garland County
2009 County Adult Health Survey
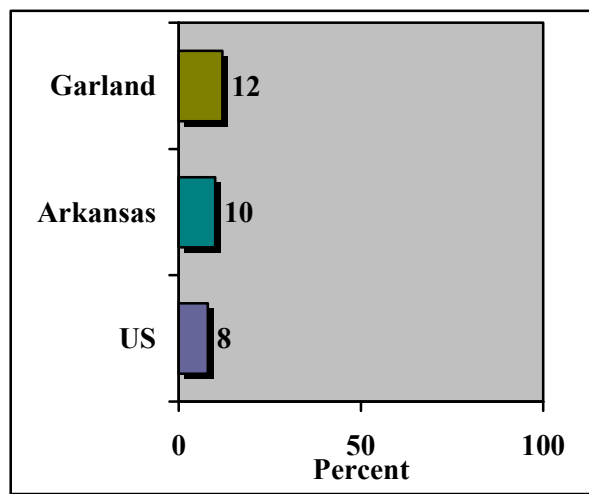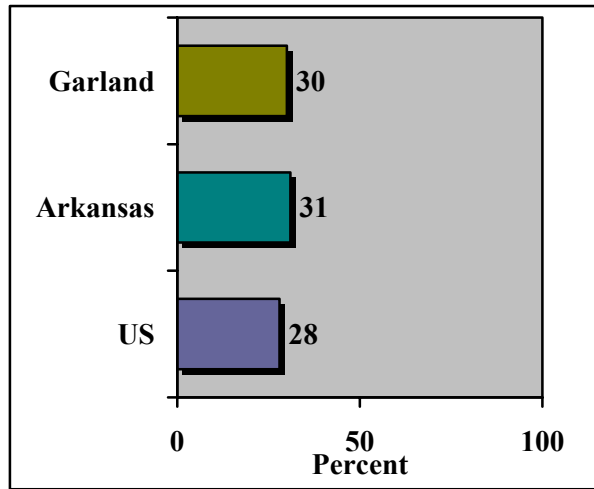Comparison with State and national BRFSS

No regular physical activity

Garland **25**

Arkansas **28**

US **23**

0   50   100
Percent

Over weight or obese

Garland **66**

Arkansas **66**

US **63**

0   50   100
Percent

Fewer than fiver fruits and vegetables per day

Garland **76**

Arkansas **78**

US **76**

0   50   100
Percent

Limitations due to physical, mental, or emotional problems

Garland **28**

Arkansas **25**

US **21**

0   50   100
Percent

Sources: 2009 Garland County data obtained from County Adult Health survey. Arkansas and national data obtained from most recent BRFSS data (2007 and 2008).
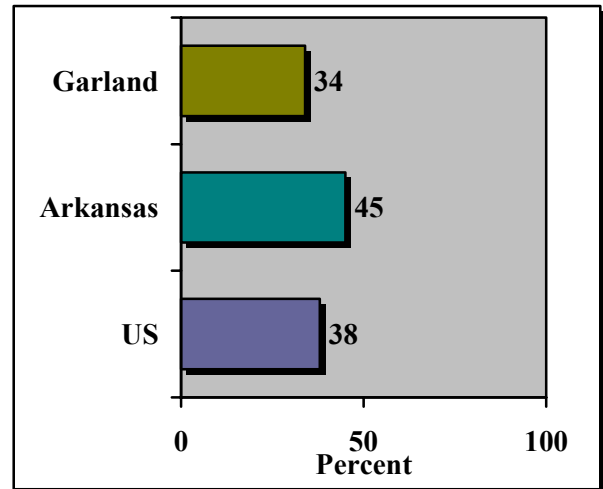
Garland County

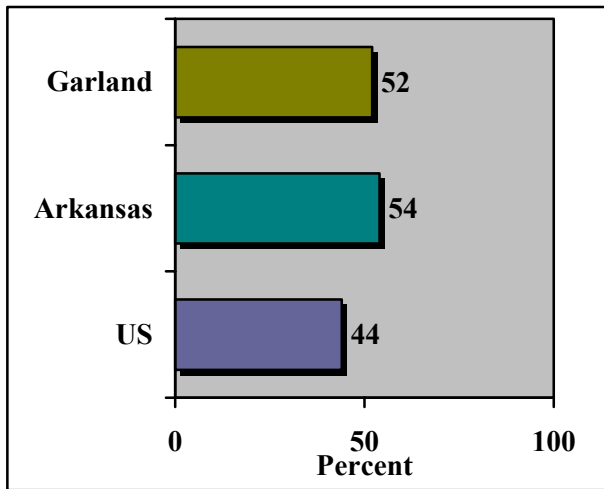2009 County Adult Health Survey
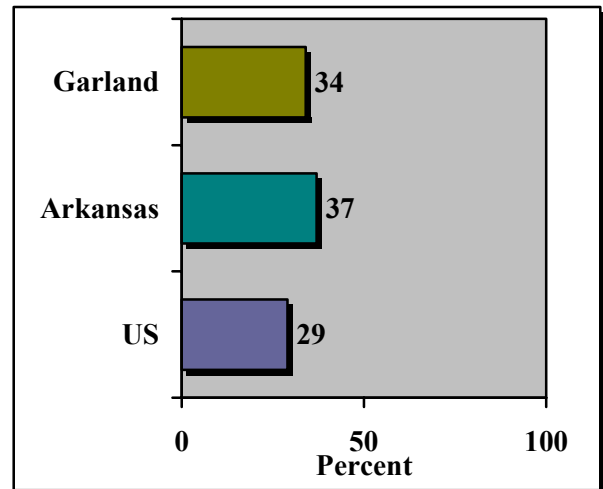Comparison with State and national BRFSS

Use of special equipment

Garland 12
Arkansas 9
US 7

Percent

Had one drink of alcohol

Garland 48
Arkansas 41
US 55

Percent

Women over 40 years no mammogram in past 2 years

Garland 24
Arkansas 29
US 24

Percent

No pap smear in past three years
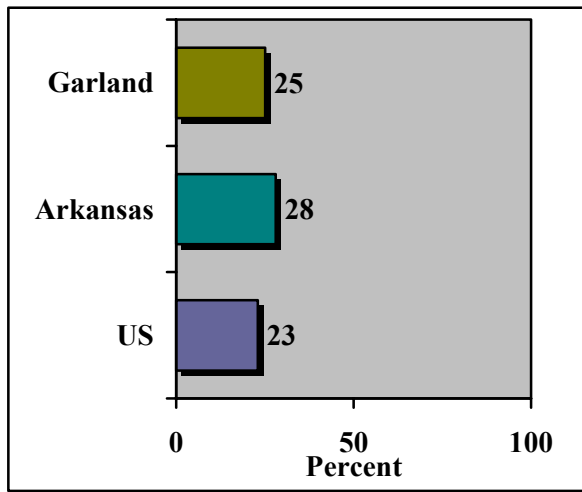
Garland 35
Arkansas 19
US 17

Percent

Sources: 2009 Garland County data obtained from County Adult Health survey. Arkansas and national data obtained from most recent BRFSS data (2007 and 2008).
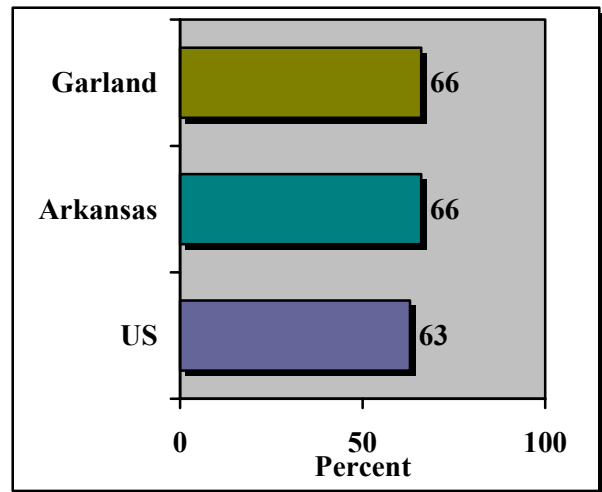
Appendix B

2009 Garland County
Comparison with State and national BRFSS
By Gender

Garland County

2009 County Adult Health Survey
Comparison with State and national BRFSS
By gender

Legend: ☐ Female ■ Male

General health "fair" or "poor"

Garland — Female: 24, Male: 26
Arkansas — Female: 21, Male: 18
US — Female: 15, Male: 14

X-axis: Percent (0, 50, 100)

No health care coverage

Garland — Female: 17, Male: 28
Arkansas — Female: 24, Male: 20
US — Female: 15, Male: 18

X-axis: Percent (0, 50, 100)

Have high blood pressure

Garland — Female: 42, Male: 37
Arkansas — Female: 32, Male: 30
US — Female: 26, Male: 28

X-axis: Percent (0, 50, 100)

Have had a myocardial infarction

Garland — Female: 5, Male: 5
Arkansas — Female: 4, Male: 7
US — Female: 3, Male: 6

X-axis: Percent (0, 50, 100)

Sources: 2009 Garland County data obtained from County Adult Health survey. Arkansas and national data obtained from most recent BRFSS data (2007 and 2008).

Garland County

2009 County Adult Health Survey
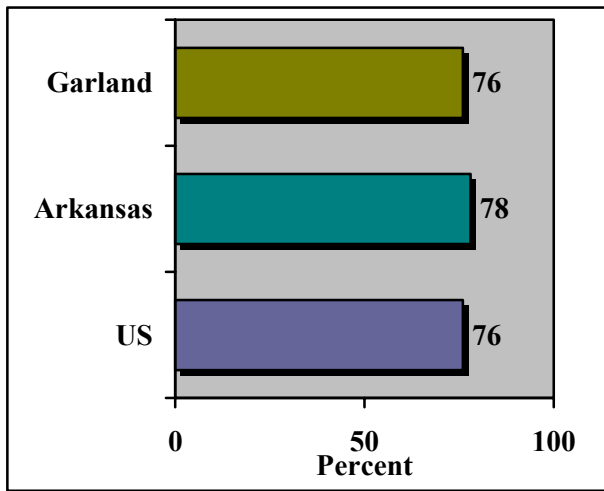Comparison with State and national BRFSS

Have had angina or CHD
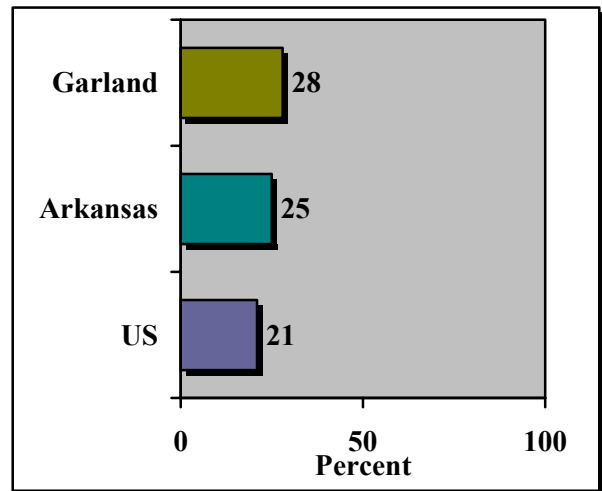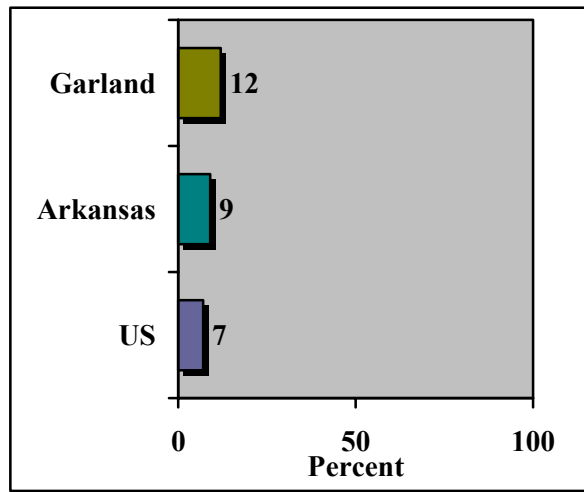
Garland
6
7

Arkansas
5
7

US
3
5

0   50   100
Percent

Have had a stroke

Garland
3
3

Arkansas
4
3

US
3
3

0   50   100
Percent

Have had asthma

Garland
14
11

Arkansas
14
12

US
16
12

0   50   100
Percent

Have diabetes

Garland
12
13

Arkansas
9
10

US
8
8

0   50   100
Percent

Sources: 2009 Garland County data obtained from County Adult Health survey. Arkansas and national data obtained from most recent BRFSS data (2007 and 2008).
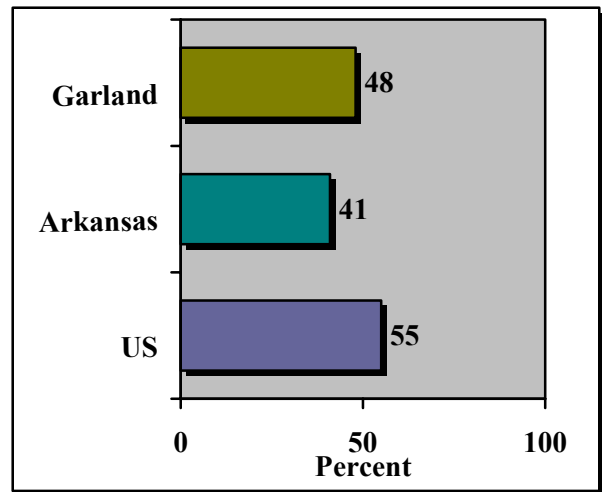
Garland County

2009 County Adult Health Survey
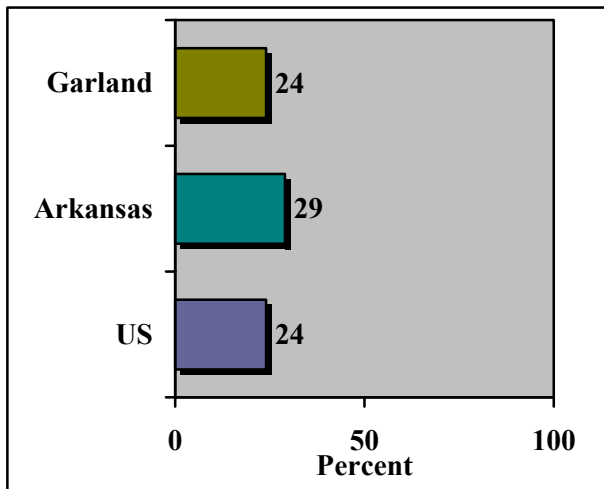Comparison with State and national BRFSS

Have arthritis
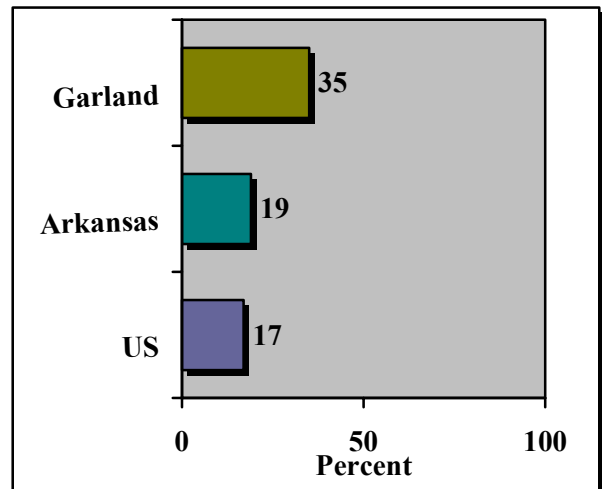
Garland	35 / 25
Arkansas	35 / 26
US	31 / 24

0   50   100
Percent

Over 50 years and not screened for colorectal cancer

Garland	35 / 31
Arkansas	45 / 45
US	38 / 38

0   50   100
Percent

Permanent teeth extraction

Garland	51 / 52
Arkansas	58 / 50
US	44 / 43

0   50   100
Percent

Last dental visit one year or more ago

Garland	27 / 41
Arkansas	35 / 38
US	37 / 31

0   50   100
Percent

Sources: 2009 Garland County data obtained from County Adult Health survey. Arkansas and national data obtained from most recent BRFSS data (2007 and 2008).
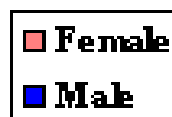
Garland County

2009 County Adult Health Survey
Comparison with State and national BRFSS

No regular physical activity

Garland: 21, 30
Arkansas: 32, 25
US: 25, 21

Percent (0, 50, 100)

Over weight or obese

Garland: 65, 67
Arkansas: 57, 74
US: 55, 70

Percent (0, 50, 100)

Fewer than fiver fruits and vegetables per day

Garland: 71, 82
Arkansas: 75, 82
US: 71, 81

Percent (0, 50, 100)

Limitations due to physical, mental, or emotional problems

Garland: 28, 29
Arkansas: 26, 23
US: 22, 19

Percent (0, 50, 100)

Sources: 2009 Garland County data obtained from County Adult Health survey. Arkansas and national data obtained from most recent BRFSS data (2007 and 2008).

Garland County

2009 County Adult Health Survey
Comparison with State and national BRFSS

Use of special equipment

Garland
12
11

Arkansas
9
9

US
8
7

0   50   100
Percent

Had one drink of alcohol

Garland
40
57

Arkansas
33
51

US
48
61

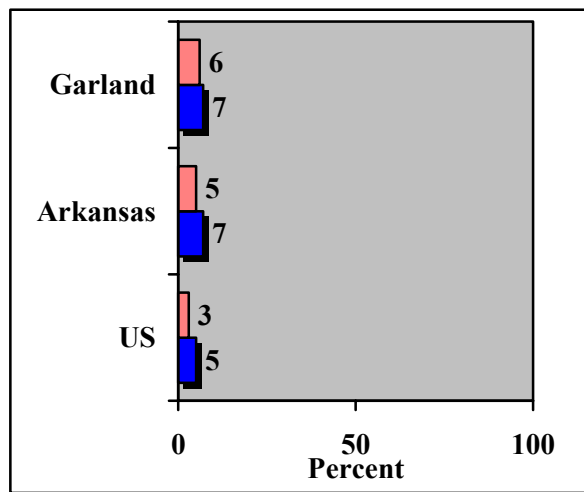0   50   100
Percent

Sources: 2009 Garland County data obtained from County Adult Health survey. Arkansas and national data obtained from most recent BRFSS data (2007 and 2008).
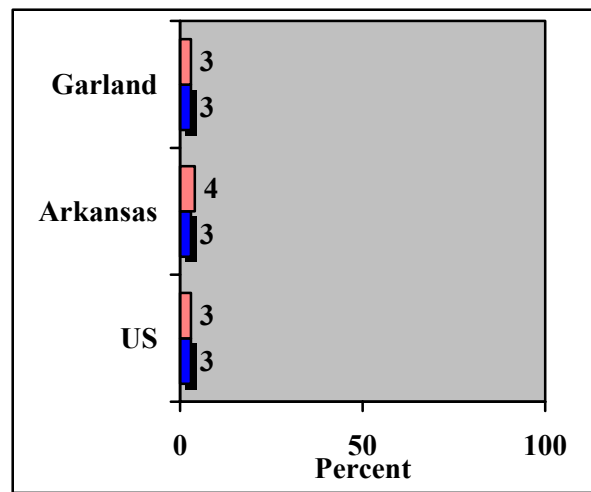
Appendix C

2009 Garland County
Confidence Intervals

How to interpret Garland County 2009 County Adult Health Survey results
Confidence Intervals

The prevalence rates shown in this report were calculated from a sample of the Garland County population. To control for the uncertainty in using sample data, 95% confidence intervals (CI) were calculated for each prevale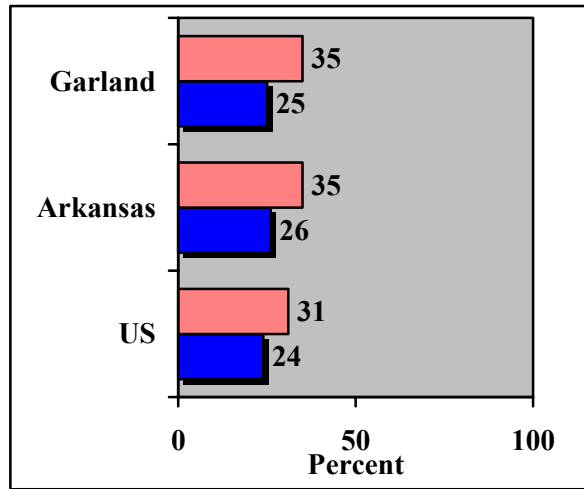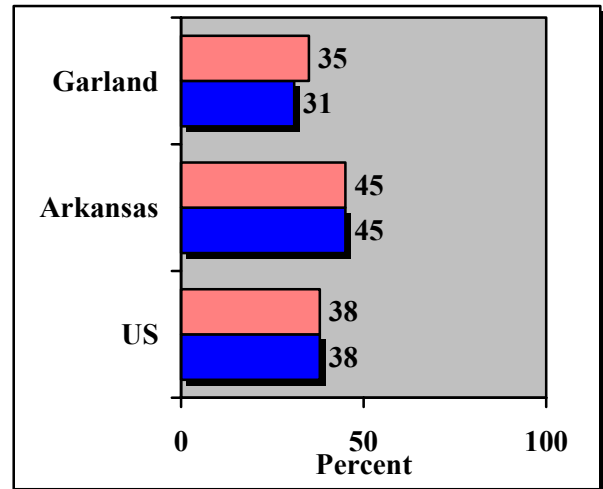nce estimate. This value indicates that users of the data can be 95% confident that the prevalence rate for the true population falls within the calculated range. Small confidence intervals indicate more precise estimates of the true population rates, and large confidence intervals indicate less precise estimates.

For example, the table below shows the number of adults in Apple County that currently chew tobacco. The confidence interval is 11.1 to 13.5; 1 percentage point below and 1 percentage point above the prevalence of 12.4%. This suggests that there is a 95% chance that the prevalence estimate for the true or total population falls within 11.1 and 13.5 and close to the estimate of 12.4%.

	Current use of chew tobacco
Percent (%)	12.40
Confidence Limits	(11.1-13.5)
Frequency (n)	630

Garland County

2009 County Adult Health Survey
Confidence Intervals

How would you describe your general health?				
General health	**Frequency**	**Percent**	**95% Confidence Limits for Percent**	
Fair, Poor	239	25	19.5	30.7
Excellent, Very Good, Good	651	75	69.3	80.5
Total	890	100		
Frequency Missing = 4				

For how many days during the past 30 days was physical health not good?				
Physical health	**Frequency**	**Percent**	**95% Confidence Limits for Percent**	
Physical health not good one day or more	338	38	32.4	44.2
Physical health good	531	62	55.8	67.6
Total	869	100		
Frequency Missing = 25				

Mental health not good how many days in past month?				
Mental health	**Frequency**	**Percent**	**95% Confidence Limits for Percent**	
Mental health not good one day or more	259	36	30.4	42.6
Mental health good	614	64	57.4	69.6
Total	873	100		
Frequency Missing = 21				

Do you have any kind of health care coverage?				
Health care coverage	**Frequency**	**Percent**	**95% Confidence Limits for Percent**	
No health care coverage	90	22	16.3	28.7
Health care coverage	789	78	71.3	83.7
Total	879	100		
Frequency Missing = 15				

Have you every been told by a doctor, nurse or other health professional that you have high blood pressure?				
Hypertension	**Frequency**	**Percent**	**95% Confidence Limits for Percent**	
Have high blood pressure	441	40	34.1	45.3
No high blood pressure	435	60	54.7	65.9
Total	876	100		
Frequency Missing = 18				

How long has it been since you had your blood cholesterol checked?				
Blood cholesterol test	**Frequency**	**Percent**	**95% Confidence Limits for Percent**	
Blood cholesterol not checked in past two years	134	35	28.3	41.7
Blood cholesterol checked in past two years	731	65	58.3	71.7
Total	865	100		
Frequency Missing = 29				

Have you ever been told by a doctor, nurse, or other health professional that your blood cholesterol level is high?				
High blood cholesterol	**Frequency**	**Percent**	**95% Confidence Limits for Percent**	
High blood cholesterol	371	44	38.8	50.0
Blood cholesterol not high	414	56	50.0	61.2
Total	785	100		
Frequency Missing = 109				

Has a doctor, nurse or other health profession ever told you that you had a heart attack?				
Heart attack/Myocardial infarction	**Frequency**	**Percent**	**95% Confidence Limits for Percent**	
Have had myocardial infarction	72	5	3.7	6.8
No myocardial infarction	797	95	93.2	96.3
Total	869	100		
Frequency Missing = 25				

Has a doctor, nurse, or other health professional ever told you that you had angina or coronary heart disease?				
Angina/Coronary Heart Disease	**Frequency**	**Percent**	**95% Confidence Limits for Percent**	
Have had angina or coronary heart disease	89	7	4.8	8.5
No angina or coronary heart disease	779	93	91.5	95.2
Total	868	100		
Frequency Missing = 26				

Has a doctor, nurse, or other health professional ever told you that you had a stroke?				
Stroke	**Frequency**	**Percent**	**95% Confidence Limits for Percent**	
Have had a stroke	48	3	2.1	4.5
No stroke	823	97	95.5	97.9
Total	871	100		
Frequency Missing = 23				

Have you ever been told by a doctor, nurse or other health profession that you had asthma?				
Asthma	**Frequency**	**Percent**	**95% Confidence Limits for Percent**	
Ever had asthma	92	13	8.2	17.3
No asthma	785	87	82.7	91.8
Total	877	100		
Frequency Missing = 17				

Have you ever been told by a doctor that you have diabetes?				
Diabetes	**Frequency**	**Percent**	**95% Confidence Limits for Percent**	
Ever had diabetes	135	12	8.7	16.1
No diabetes	741	88	83.9	91.3
Total	876	100		
Frequency Missing = 18				

Have you ever been told by a doctor that you have arthritis?				
Arthritis	**Frequency**	**Percent**	**95% Confidence Limits for Percent**	
Ever had arthritis	368	30	24.9	35.0
No arthritis	502	70	65.0	75.1
Total	870	100		
Frequency Missing = 24				

Are you now limited in any in any activities of joint symptoms?				
Activity limitations	**Frequency**	**Percent**	**95% Confidence Limits for Percent**	
Have activity limitations	212	39	30.5	46.9
No activity limitations	305	61	53.1	69.5
Total	517	100		
Frequency Missing = 377				

Have you ever been screened for colorectal cancer?				
Colorectal cancer screening	**Frequency**	**Percent**	**95% Confidence Limits for Percent**	
Never been screened	201	34	28.5	38.5
Have been screened	456	66	61.5	71.5
Total	657	100		
Frequency Missing = 237				

Have you been screened for prostate cancer?				
Prostate cancer screening	**Frequency**	**Percent**	**95% Confidence Limits for Percent**	
Never or more than year ago	140	63	54.5	72.1
Within past year	118	37	27.9	45.5
Total	258	100		
Frequency Missing = 636				

Have you had a flu shot in the past twelve months?				
Flu shot	**Frequency**	**Percent**	**95% Confidence Limits for Percent**	
No influenza shot	331	51	44.9	56.9
Had influenza shot	542	49	43.1	55.1
Total	873	100		
Frequency Missing = 21				

How many of your permanent teeth have been removed because of tooth decay or gum disease?				
Permanent teeth extraction	**Frequency**	**Percent**	**95% Confidence Limits for Percent**	
Permanent teeth extraction	520	52	45.4	57.8
No permanent teeth extraction	314	48	42.2	54.6
Total	834	100		
Frequency Missing = 60				

How long has it been since you last visited a dentist or dental clinic for any reason?				
Last dental visit	**Frequency**	**Percent**	**95% Confidence Limits for Percent**	
Last dental visit one year or more ago	277	34	27.6	39.4
Last dental visit less than one year ago	572	66	60.6	72.4
Total	849	100		
Frequency Missing = 45				

During the past 30 days, other than your job, did you participate in any physical activities or exercises?				
Physical exercise	**Frequency**	**Percent**	**95% Confidence Limits for Percent**	
No regular physical activity	204	25	19.7	30.7
Regular physical activity	674	75	69.3	80.3
Total	878	100		
Frequency Missing = 16				

How much do you weigh without shoes?				
Overweight	**Frequency**	**Percent**	**95% Confidence Limits for Percent**	
Overweight or obese BMI > 25	536	66	59.9	72.0
Not overweight or obese BMI < 25	286	34	28.0	40.1
Total	822	100		
Frequency Missing = 72				

How often do you eat fruits, green salad or other vegetables, or drink fruit per day?				
Fruits and vegetables	**Frequency**	**Percent**	**95% Confidence Limits for Percent**	
Consume less than 5 times per day	619	76	71.5	80.7
Consume 5 or more times per day	237	24	19.3	28.5
Total	856	100		
Frequency Missing = 38				

Are you limited in any in any activities because of physical, mental or emotional problems?				
Limitations due to physical, mental or emotional problems	**Frequency**	**Percent**	**95% Confidence Limits for Percent**	
Limitations	284	28	22.7	34.1
No limitations	567	72	65.9	77.3
Total	851	100		
Frequency Missing = 43				

Do you have any health problem that requires you to use special equipment?				
Use of special equipment	**Frequency**	**Percent**	**95% Confidence Limits for Percent**	
Use of special equipment	132	12	8.2	15.4
No use of special equipment	719	88	84.6	91.8
Total	851	100		
Frequency Missing = 43				

How often do you get the social and emotional support you need?				
Social and emotional support	**Frequency**	**Percent**	**95% Confidence Limits for Percent**	
Rarely or never get needed social/emotional support	109	16	10.3	20.8
Get needed social/emotional support	729	84	79.2	89.7
Total	838	100		
Frequency Missing = 56				

In general, how satisfied are you with life?				
Satisfaction with life	**Frequency**	**Percent**	**95% Confidence Limits for Percent**	
Dissatisfied or very dissatisfied with life	43	9	4.3	13.3
Very satisfied or satisfied with life	799	91	86.7	95.7
Total	842	100		
Frequency Missing = 52				

During the thirty days preceding the survey, have you had at least one drink of any alcoholic beverage?				
Any alcoholic drink	**Frequency**	**Percent**	**95% Confidence Limits for Percent**	
Had an alcoholic drink	390	48	42.1	54.2
No alcoholic drink	482	52	45.8	57.9
Total	872	100		
Frequency Missing = 22				

Considering all types of alcoholic beverages, how many times during the past month did you have five or more drinks on one occasion?				
Binge drinking	**Frequency**	**Percent**	**95% Confidence Limits for Percent**	
Binge drinking	71	33	24.1	42.6
No binge drinking	317	67	57.4	75.9
Total	388	100		
Frequency Missing = 506				

Have you ever smoked at least 100 cigarettes in your entire lifetime?				
Cigarette use	**Frequency**	**Percent**	**95% Confidence Limits for Percent**	
Smoked at least 100 cigarettes in lifetime	480	56	49.8	61.7
Smoked less than 100 cigarettes in lifetime	392	44	38.3	50.2
Total	872	100		
Frequency Missing = 22				

Do you smoke cigarettes every day, some days, or not at all?				
Current cigarette use	Frequency	Percent	95% Confidence Limits for Percent	
Current cigarette use	136	20	15.6	25.2
No current cigarette use	736	80	74.8	84.4
Total	872	100		
Frequency Missing = 22				

During the past 12 months have you quit smoking for one day or longer?				
Cigarette smoking cessation	Frequency	Percent	95% Confidence Limits for Percent	
Have not tried smoking cessation	51	35	21.6	48.4
Have tried smoking cessation	85	65	51.6	78.4
Total	136	100		
Frequency Missing = 758				

Have you ever used or tried any smokeless tobacco products such as chewing tobacco or snuff?				
Smokeless tobacco use	Frequency	Percent	95% Confidence Limits for Percent	
Have used smokeless tobacco	125	21	16.0	26.8
No use of smokeless tobacco	719	79	73.2	84.0
Total	844	100		
Frequency Missing = 50				

Do you currently use chewing tobacco or snuff every day, some days, or not at all?				
Current use of smokeless tobacco	Frequency	Percent	95% Confidence Limits for Percent	
Current use of smokeless tobacco	15	14	5.0	23.3
No current use of smokeless tobacco	110	86	76.7	95.0
Total	125	100		
Frequency Missing = 769				

Have you every smoked a cigar?				
Cigar smoking	**Frequency**	**Percent**	**95% Confidence Limits for Percent**	
Have smoked cigar	344	44	37.9	49.9
No cigar smoking	499	56	50.1	62.1
Total	843	100		
Frequency Missing = 51				

Do you smoke cigars every day, some days, or not at all?				
Current cigar smoking	**Frequency**	**Percent**	**95% Confidence Limits for Percent**	
Current cigar smoking	26	12	4.5	18.8
No current cigar smoking	318	88	81.2	95.5
Total	344	100		
Frequency Missing = 550				

Have you ever smoked tobacco in a pipe, even one or two puffs?				
Pipe smoking	**Frequency**	**Percent**	**95% Confidence Limits for Percent**	
Have smoked a pipe	221	27	21.2	32.3
No pipe smoking	620	73	67.7	78.8
Total	841	100		
Frequency Missing = 53				

Do you now smoke a pipe every day, some days, or not at all?				
Current pipe smoking	**Frequency**	**Percent**	**95% Confidence Limits for Percent**	
Current pipe smoking	6	4	0.2	8.2
No current pipe smoking	215	96	91.8	99.8
Total	221	100		
Frequency Missing = 673				

Which statement best describes the rules of smoking inside your home?				
Smoking in the home	**Frequency**	**Percent**	**95% Confidence Limits for Percent**	
Smoking in the home	177	24	17.9	30.0
No smoking allowed in the home	662	76	70.0	82.1
Total	839	100		
Frequency Missing = 55				

In the past month, have you noticed any posters, billboards, commercials, or advertisements with a message about having a mammogram?				
Advertisements for mammogram tests	**Frequency**	**Percent**	**95% Confidence Limits for Percent**	
No	260	42	34.2	49.6
Yes	284	58	50.4	65.8
Total	544	100		
Frequency Missing = 350				

Are you aware that BreastCare, a program of the local health department, offers free breast exams and mammograms to women age 40 and over?				
Free breast exams and mammograms	**Frequency**	**Percent**	**95% Confidence Limits for Percent**	
Not aware of free exams	358	53	45.3	61.7
Aware of free exams	194	47	38.3	54.7
Total	552	100		
Frequency Missing = 342				

How difficult would it be for you to pay for the cost of a mammogram test				
Difficult to pay	**Frequency**	**Percent**	**95% Confidence Limits for Percent**	
Yes	117	70	60.3	79.3
No	74	30	20.7	39.7
Total	191	100		
Frequency Missing = 703				

Have you ever had a mammogram?				
Mammogram test	**Frequency**	**Percent**	**95% Confidence Limits for Percent**	
No breast cancer screening within the past 2 years	125	24	18.4	28.8
Breast cancer screening within past 2 years	381	76	71.2	81.6
Total	506	100		
Frequency Missing = 388				

How long since you last pap smear?				
Pap smear	**Frequency**	**Percent**	**95% Confidence Limits for Percent**	
No pap smear within the past 3 years	210	35	26.8	42.8
Pap smear within the past 3 years	329	65	57.2	73.2
Total	539	100		
Frequency Missing = 355				